

OTTAWA

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## Big spike in aboriginal women in prison: Study

Number grew a staggering 97% between 2002 and 2012

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## Gift option: Make own toys

Ottawa family shows others that building it yourself is much more gratifying

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## 22 YEARS OF 22 MINUTES

METRO CATCHES UP WITH THE SERIES' ONLY ORIGINAL CAST MEMBER AHEAD OF THE SHOW'S ONE-HOUR BIRTHDAY SPECIAL (IS IT REALLY AN HOUR, THOUGH?)

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LiVE  
88.5 fm



## EVERYBODY ON THE ICE!

Ruud van den Hurk helps two-year-old Sebastiaan Notten put on his skates at Lansdowne Park on Tuesday. While the tot was a little wobbly (it was only his second time on ice), he will have more rink options now that the park's Skating Court has officially opened. Story, page 10. LUCY SCHOLEY/METRO

# Museum roof at risk of collapse

**Snow danger.** Debris that falls from water-damaged ceiling being treated as though contaminated by asbestos, officials say

 LUCY SCHOLEY  
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The Canada Science and Technology Museum will be regularly clearing snow off its roof this winter, after an engineering report said the structure is in danger of collapsing, officials say.

The roof of the mould-and-asbestos-ridden facility can't carry more than 10 inches of snow, museum spokesman Olivier Bouffard confirmed to Metro. He said museum officials were made aware of this problem from a structural engineer's assessment that followed

the museum's closure in September.

"The roof of the museum has had many issues and has been in poor shape for many years," said Bouffard, adding the museum will be working to ensure rooftop snow levels are cleared below 10 inches this winter.

As repairs continue, workers are treating any fallen ceiling pieces — like plaster — as if they were contaminated with asbestos. However, regular air tests show the asbestos has not yet entered the museum's interior, said Bouffard.

When museum officials first started repairs on the roof in 2013, they were surprised to find layers of metal, cement and asphalt.

"It would be fair to say that there has been patching up," said Bouffard, noting the patchwork job is problematic because those layers soak up moisture, which lead to leaks.

When workers found

traces of asbestos in the roof in 2013, they halted repairs and installed a hermetic seal to protect themselves from the dangerous substance.

The moisture in the roof structure led to mould issues in the walls, which closed the museum in September.

Some artifacts have been removed and put into storage. Large exhibits, like the locomotives and cars, are still inside the building and the museum's conservation staff is taking measures to preserve them, said Bouffard.

The federal government announced in November that it would invest \$80.5 million into replacing the building's roof, removing the mould, expanding exhibit space and modernizing the facade.

Construction is expected to begin in spring 2015, and the museum is due to reopen in the fall of 2017.

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Public's help sought

**Police seek to identify man who may have offered candy to a kid**

Ottawa police area asking for help identifying a suspicious man who allegedly entered a school playground and offered a child candy.

Police say the incident happened in the 1-100 block of Carola Street in the Craig Henry area of Ottawa. Manordale Public sits on the street. Police say the man never entered the school building.

Police allege on Nov. 25, at 8:15 a.m., an unknown man entered school grounds and offered a young child some candy, but left the area before being identified by staff. A witness also on school grounds took a picture of the man as he left, police say.

The man is described as white with a dark tanned complexion, age 25 to 35, with a medium build, short dark hair, dark beard and wearing a white coat, dark track pants and white shoes.

Anyone with information regarding this investigation is asked to call Detective Andrew McAnany at 613-236-1222, ext. 8797. Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477(TIPS), toll-free at 1-800-222-8477 or by downloading the Ottawa Police iOS app. **METRO**



Police want help identifying the man in this photo.

POLICE HANDOUT



Alison Evans Adnani and her sons Nanik, left, and Hari run toy-building workshops through their business Maker Junior. **LUCY SCHOLEY/METRO**

# Christmas gift option: Build your own toys

**Holidays.** Ottawa 'maker' family shows people how DIY gifts can be more fun

A corner nook in the basement of the Adnani's west Ottawa home overflows with the makings of a basic tiny toy factory — pens, markers, paper, wiring, tape, a sewing machine and soldering iron.

Alison Evans Adnani once called her sons' workstation a "mess." But now she sees it as a creative space for 10-year-old Hari and 12-year-old Nanik and

a launching pad for the family's business, Maker Junior.

The trio creates basic toys out of batteries, LED lights, conductive thread, felt and more. The Doodlebot is a homemade motorized plastic cup and markers that moves around a piece of paper, creating its own design. Blinkybot is a felted craft with conductive thread sewn in that lights up a small bulb — say on the nose of a soft snowman.

The Adnani family takes the handmade toys to schools, libraries and community centres and does workshops for kids aged five and up. The toys are as much fun to make as they

are to play with.

"We use traditional arts and crafts materials and then we combine it with a little bit of tech, so that they're learning at the same time," said mom Evans Adnani. "The idea is that kids decide at a really early age what they can or can't do."

Their business savvy runs in the family: Dad Nikhil Adnani is an electrical engineer who owns the startup ThinkRF. Like his sons' handmade toys, his circuit boards can be found around the house.

Maker Junior is based on the maker movement — a group of DIYers who encourage building, rather than buying. It has

been made popular through Make magazine, which the entire Adnani family reads.

And so the family's holiday motto this year: Don't buy toys, make them. Not ones to play video games, the Adnani boys spend much of their time creating in their own maker space downstairs.

Nanik is fine-tuning a little robot that plays the piano, while Hari works on a voice-recorded project for a class book assignment. They can explain their toys better than most adults probably can.

"It feels great, too, to pass on knowledge," said Hari.

**LUCY SCHOLEY/METRO**

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NEWS

# As ridership dwindle, some fear transit initiatives are stalling

City Matters survey: Ottawans think city should do more to promote public transportation

TREVOR GREENWAY

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## CITY MATTERS

→ This is the third in a five-part series in which we hear what you, the people of Ottawa, have to say on city issues. → On Thursday, we look at the city's neighborhood feel, how fun it is and how we relate to our neighbours. → Tweet your views with the hashtag #citymatter-Ottawa. → More online at metronews.ca.

An Ottawa environmental group says that public transportation is one of the most important aspects of building a "world-class green city," but local residents think Ottawa doesn't seem to be doing enough to increase ridership.

A survey conducted for Metro by MQO Research shows only 38 per cent of Ottawans think the city is doing enough to encourage people to use public transit, with 50 per cent of respondents thinking a lot more can be done.

Graham Saul of Ecology Ottawa is one of those people.

He says the city has made efforts to make public transit enticing with Presto smart-cards, the expansion of light rail and a complete streets policy, but the big question will be how these initiatives roll out.

"Are we going to move on them or are we going to implement them in kind of a half-assed way?" asked Saul, executive director at Ecology Ottawa. "Are we really going



Half of those polled in a new city survey say the city is not doing enough to encourage public transportation. TREVOR GREENWAY/METRO

to get serious about implementing the complete streets policy or no?"

Ridership for OC Transpo has continued to sink with trips down 1.4 per cent in the second quarter of 2014 compared to the same three-month period of last year. It gets much worse.

The city reported a 3.9 per cent decrease in the third quarter of 2013 compared to the year before while ridership for the entire year was down 3.2 per cent from 2012 to 2013. Compounding those bad numbers is 2012's stats — down another 2.4 per cent from 2011.

City officials blamed the dwindling numbers on federal public sector layoffs in a transportation commission report tabled in September. The report noted that ridership and employment levels are "closely tied."

"Any reductions in employment will have negative

impacts on ridership," the report noted. "The federal government, which makes up a large proportion of the region's employment, continues to downsize. Transit ridership is made up to a large degree of people traveling to jobs downtown, many of which are federal jobs."

City designs outdated: Ecology Ottawa executive director

## Getting past the car-first mentality

Graham Saul of Ecology Ottawa said history has shown that most Canadian cities are still built strictly for cars to get around.

But with Canadians grow-

ing more and more conscious about healthy living and the environment, current city designs don't seem to make sense any more.

"We have spent the past 100 years designing our neighbourhoods as though the most important thing is moving cars through them as fast as possible," said Saul. "There is nothing more

important than providing people with real and healthy transportation options to building a world-class green city."

The city's public transportation future relies heavily on Phase 2 of Ottawa Mayor Jim Watson's LRT plan, said Saul, as the federal government now has the power to either

push it thorough or derail it, after the National Capital Commission said they were against Watson's plan to run the western LRT expansion along the Ottawa River.

Saul said the survey numbers showing residents want the city to promote transit more don't surprise him, especially since they reflect a certain lifestyle change

that is trending across the country.

"People are frustrated with their lack of options about how to get around," said Saul. "They want alternatives to having to rely on cars and getting stuck in traffic. They want to be able to ride the buses, trains, they want better cycling and walkability infrastructure."

## Ease of travel

**37.8%**

37.8 per cent of those polled either agree or strongly agree that the city is easy to get around.

**37.4%**

37.4 per cent disagree or strongly disagree that the city is easy to get around.

## Satisfaction

**34%**

34% of City Matters respondents rate public transportation in the city at 8 or higher on a scale of one to 10

59% give the service a rating of six or higher.

## Time on the road

**51%**

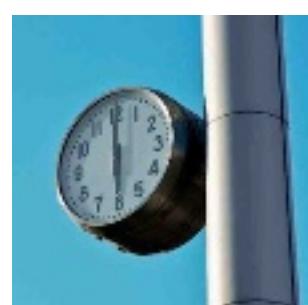
of Ottawans say their morning commute is less than 30 minutes long

**31%**

say their morning commute is between 30 and 60 minutes

**11%**

don't know how long their morning commute is



ISTOCK



Burgers n' Fries Forever employees, from left, Kory McCoy, Josh Madden and co-owner Jamil Bhuya dress up burgers in their open-concept Bank Street burger joint. TREVOR GREENWAY/METRO

## Diners split on open kitchens

**City Matters.** Many residents say they want kitchen access, but Ottawa Public Health says leave that job to food inspectors

 **TREVOR GREENWAY**  
trevor.greenway@metronews.ca

Ottawa diners are split on the idea of restaurants letting patrons into their kitchens to see how meals are prepared.

A new survey conducted for Metro by MQO Research shows that only 41 per cent of people are in favour of such a move, while 44 per cent are against the idea.

There are some restaurants that are moving toward this trend — not letting customers directly in the kitchen — but more open-concept designs that allow diners to peer through glass to see how things are being done.

"I think that is a great, fun way to meet the chef and see what's going on," said Ottawa food writer Anne DesBrisay, who has covered Ottawa's food scene for the past 25 years.

New places such as Burgers n' Fries Forever and Fiazzza Fresh Fired pizzeria have employed this concept

where patrons can watch their meals get dressed up.

"It's building community, it's building relationships."

Fully opening up kitchens to patrons walking in to inspect food preparation presents several health and safety challenges, according to Donna Casey at Ottawa Public Health. She said while Ontario Regulation 562 doesn't directly address patrons in kitchens, OPH discourages the practice, as it could lead to increasing the risk of contamination of food.

"Kitchens can be a dangerous place," said Casey. "Public members can experience serious injury just by walking through — including getting burned, slipping, getting scalded, etc."

She said in an email that — while there isn't a clause that directly prevents a member of the public from entering a kitchen, as restaurants can have their own policies that must be in conjunction with provincial legislation — an inspector could reference section 11 of the regulation, which states that "every food premise shall be operated and maintained such that, (a) the premises are free from every condition that may, (i) be a health hazard, (ii) adversely affect the sanitary operation of the premises, or (iii) adversely affect the wholesomeness of food therein."

### Food preparation

**47%**

of respondents think restaurant patrons should be allowed into kitchens to observe how their food is prepared. Forty-four per cent disagree and 15 per cent said they don't know.

### Men vs. women

**47%**

More men want the right to see what goes on than women. Forty-seven per cent of men said patrons should get to see versus 40 per cent of men saying they shouldn't. The opposite is true for women, with 35 per cent wanting to see what happens in the kitchen and 47 per cent saying they don't.

### The age divide

**53%**

of 18- to 34-year-olds want to be allowed to see what happens in the kitchen. Those 55 and older are the least likely to want to inspect the kitchen with only 28 per cent saying yes.

Casey said she is not aware of any Ottawa restaurants that currently allow patrons into their kitchen and urges those who favour the idea to do so in accordance with applicable food safety legislation, best practices and OPH policy.

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# Online blackmail sparks funny cartoon with a serious message

**Crime.** Gatineau police launch PSA after rise in 'sextortion' cases

Gatineau police say cases of "sextortion" are on the rise, which has prompted them to launch a public-service announcement depicting a nude cartoon man exposing himself on a webcam to a woman online.

The police force defines the offence as a form of blackmail in which someone threatens to release sexual or compromising photos or videos in order to receive money or a favour.

In the video, the man shakes his torso for a woman watching him via webcam. She then threatens to release a video recording of him unless he pays up.

"Sextortion is one of the most common types of com-



A screengrab from a video by Gatineau police, warning the public about the dangers of online extortion. It shows the screen of a victim being threatened by an online predator. [VIMEO.COM](http://VIMEO.COM)

puter scams and the number of complaints continues to grow in Gatineau and

abroad," said Lt.-Det. Mathieu Guilbault.

Since Jan. 1, there have

been 30 complaints filed with Gatineau police concerning sextortion. The ages of the

victims range from 16 to 58 years old.

Guilbault said Internet

predators who are behind these crimes are able to turn a short moment of pleasure into a nightmare for victims.

The release of the PSA comes amid police concern that cases like this continue to occur, despite recent media coverage of the issue.

Guilbault said police are reaching out to the public through this "less traditional" approach on the web. A new section of the Gatineau police website offers information and tips on how to avoid becoming a victim.

In some cases, police say predators threaten to send compromising videos to victims' families or friends, to upload videos with titles accusing the victim of committing pedophilia, to allege to police the victim performed sexual acts in front of children, or to use fake letters from Interpol and other police organizations.

JOE LOFARO/METRO

## Apology demanded over social-assistance error

Ontario's opposition parties demanded a government apology Tuesday for a computer glitch that resulted in the wrong amounts being sent to thousands of people who rely on social assistance.

The new, \$240-million Social Assistance Management System (SAMS) last week erroneously queued up \$20 million in welfare and disability support overpayments, but only about \$300,000 was actually sent out.

The Progressive Conservatives and New Democrats said others who depend on social assistance got far less than normal or didn't get any payment, and accused Social Services Minister Helena Jaczek of being out of touch.

"There needs to be apologies to those people who are not going to get their payment and to those who have overpaid," said PC critic Bill Walker. "This is just another bungled project under their administration."

"Here we have a government that is so arrogant that they're not even prepared to apologize for this mistake, nor can they guarantee that it's not going to happen



Helena Jaczek, Ontario's Minister for Community and Social Services, is surrounded by media at Queen's Park in Toronto on Monday. A glitch with social-assistance transfers was found to have queued up \$20 million in overpayments. [CHRIS YOUNG/THE CANADIAN PRESS](http://CHRIS YOUNG/THE CANADIAN PRESS)

again," said NDP Leader Andrea Horwath.

Jaczek said the SAMS computer error involved overpayments averaging about \$1,100 each, but insisted the fact some people got less than normal, or no payment at all, was not related to the glitch with the new system.

"Out of 570,000 cheques, occasionally there are administrative errors — and people are obviously encouraged to immediately contact their case worker if they have a concern related to an under-

payment," she said.

Pressed by reporters, Jaczek eventually said she would apologize, but only on a case-by-case basis if someone takes their complaint directly to her.

"If there's an individual who tells me their particular situation, I will certainly apologize to them on an individual basis if they have suffered from some hardship," she said. "It was a very unfortunate event, and I continue to try to rectify the situation as well as I can."

THE CANADIAN PRESS

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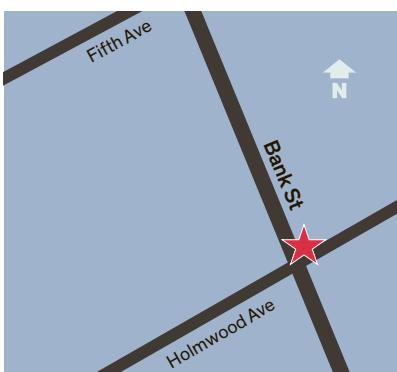
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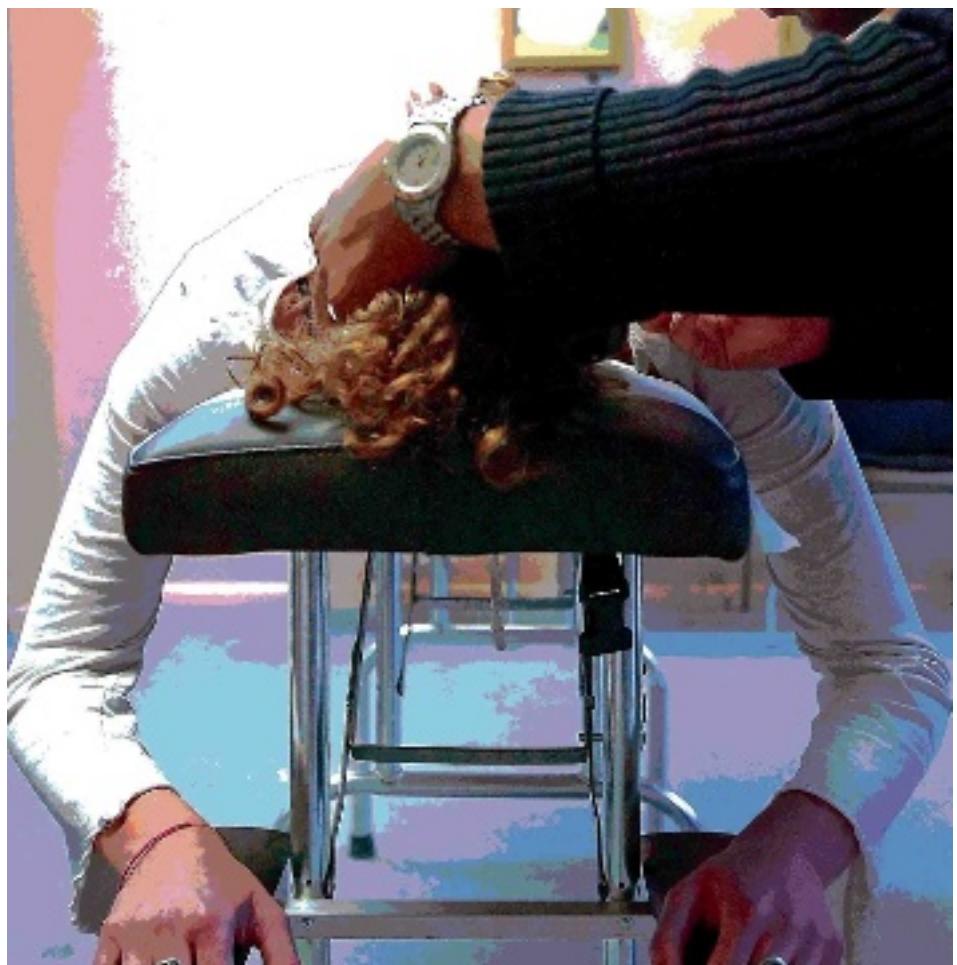


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A patient receives chiropractic treatment in this photo illustration. An Ottawa chiropractor accused of sexually assaulting a patient's mother could lose his licence in a disciplinary proceeding. HARRISON SMITH/TORSTAR NEWS SERVICE

## ‘Don’t be silent. Don’t be afraid.’

### Ottawa mother.

Chiropractor faces claims of repeated sexual assaults



JOE LOFARO

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An Ottawa mother of two who alleges she was sexually assaulted by her chiropractor at his Baseline Road office, told a disciplinary panel Tuesday she was abused repeatedly by the man treating her daughter.

The woman told Metro her complaints to Ottawa police in 2011 were not taken seriously.

So in June 2012, she reported to the College of Chiropractors of Ontario (CCO), the provincial governing body that regulates chiropractors.

On Tuesday, she testified to a five-member discipline panel of the College in Ottawa.

The accused, Dr. Mark A. Tulloch, did not attend the proceeding, despite being notified of the hearing three times over

the past several months, including once in person, the panel heard.

He faces four counts of professional misconduct under the Chiropractors Act.

His certificate of registration is suspended pending the CCO's ruling on the matter, which is expected at a later date. The college could revoke it if they find he sexually abused a patient.

The woman testified Dr. Tulloch sexually assaulted her during three separate incidents at his office in 2011 after she initially went to him seeking treatment in 2009 for her teenage daughter who suffers from osteoporosis.

Their relationship started off normally, aside from the fact that she said he would sometimes not charge her for consultations and she would bring him presents.

Clutching a copy of the Bible in her hands, the woman told in disturbing detail how he turned on her in April 2011 when he allegedly closed the door behind her, confessed his love for her, unbuttoned her blouse, and kissed her.

He dropped his pants and exposed himself, before putting his hands on her neck, she said.

"I thought, 'No, no, he's going to kill me,'" she testified. "I couldn't breathe. I couldn't speak."

She visited his office twice after. "It was important to me for him to apologize," she said.

The sexual assault continued during those visits, she testified.

After the third incident, she said she went to the police to file a complaint. She testified she asked police to escort her to his office to confront him since she was afraid of doing it alone.

"They said they don't do this kind of job," she said.

In an interview after the hearing, the woman told Metro she doesn't feel like reporting the alleged abuse to police now will accomplish anything, but urged other victims of sexual assault to speak out.

"This shouldn't happen to anybody. Don't be silent. Don't be afraid," she said. "This gave me strength. I became stronger in life."

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# Ottawa skaters testing out new outdoor rink at Lansdowne Park

**Skating Court.** Third refrigerated outdoor skating rink in the city will add to this year's Winterlude

 LUCY SCHOLEY  
lucy.scholey@metronews.ca

It was another opening at Lansdowne Park on Tuesday.

With a sunny, brisk -15 C that morning, several skaters still laced up for the official ribbon cutting at Skating Court.

It was just two days after the farmers' market reopened in the Aberdeen Pavilion.

"All of this area is really coming together nicely and it's just one more reason to visit Lansdowne," said Ot-



Capital Ward Coun. David Chernushenko tests out the ice at the newly opened Skating Court at Lansdowne Park. LUCY SCHOLEY/METRO

tawa Mayor Jim Watson.

Skating Court is the third refrigerated outdoor skating rink in the city, after

the Rink of Dreams and Ben Franklin Place.

It's another option if the Rideau Canal is closed,

and it will add to this year's Winterlude.

Did the mayor test out the fresh slab of ice on Tues-

day? Not exactly.

"There are two reasons I'm not skating today," he said, with a laugh. "One, I

just didn't have time and, secondly, there are no high boards here for me to grab onto. That's the only way I know how to stop. So the Rink of Dreams, at the city, is great for a beginner like me."

Ruud van den Hurk, who works in communications with the city, came out with two-year-old Sebastiaan Notten.

"It's great. We live quite close to city hall. So when I take him out, I take him to city hall or one of the other rinks," he said. "This is slightly further, but it's nice to have options that (are) refrigerated, smooth."

## Closing date

Weather pending, the Skating Court will be open until March 2015.

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# Hamilton's Monster Truck rolling into Ottawa to rock

**Heavy duty.** Expect to hear influences of AC/DC, Metallica, Led Zeppelin and Grand Funk Railroad

 **TREVOR GREENWAY**  
trevor.greenway@metronews.ca

It wasn't that long ago that Jeremy Widerman was jamming with three of his buddies — grooving off heavy, soulful riffs in a garage in Hamilton.

Four years later, the foursome that make up the heavy rock band Monster Truck has been riding a wave to stardom — stopping only to pick up its 2013 Juno Award for Breakthrough Group of the Year. Monster Truck also performed a headlining slot at an outdoor

festival packed with close to 20,000 head-banging fans and toured across Europe while opening for Slash.

There have been other minor stops along the way, but it's safe to say that these Hamilton rockers have made it.

"When we got the band together, I really, really believed in the band," says guitarist Widerman from his Hamilton home, a day after getting home from a lengthy European tour.

Widerman says while he didn't expect the success his band has seen over the last half-decade, he does think the band got international attention because they were making music they all really loved.

"The best part about it was, I didn't care," says Widerman. "I didn't care if it was huge, I didn't care if it got financially successful, I was just so excited to be in a band that I loved. I

loved everything about it."

The band — which features bassist and vocalist Jon Harvey, Brandon Bliss on keys and drummer Steve Kiely — bring their heavy mix of classic and new rock to the Bronson Centre this Saturday.

Concertgoers can expect to hear influences from everything from AC/DC and Metallica to more melodic rock like Led Zeppelin, Tool or Grand Funk Railroad.

It's part of what makes the band so different, says Widerman.

"I think we found a way to make a nice hybrid between classic rock and today's new rock," he said. "It's harmonious in a way that has allowed everyone's influences to take it in a direction that is balanced and not overly hard or screaming. It's not overly poppy, it's not overly cliché."



Hamilton rockers Monster Truck roll into Ottawa on Saturday. BROOKS REYNOLDS/CONTRIBUTED

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## Robberies. Police hunt man they believe hit two banks

Police in Ottawa are investigating two bank robberies they believe were committed by the same person.

According to police, a man walked into a bank in the 400 block of Rideau Street around 4 p.m. on Nov. 5 and produced a note to the teller indicating that he was armed and demanding money.

Bank employees didn't see a weapon, but handed over an undisclosed amount of cash before the man fled.

A second bank was hit around 10:15 a.m. on Nov. 29 in the 6400 block of Jeanne d'Arc Boulevard in Orleans.

The suspect approached the teller as if it was a routine visit, then produced a similar note demanding money. The suspect fled with an undisclosed amount of cash.

There were no injuries during either robbery, but police believe the banks were hit by the same person.

They have released a series of photos of the man, who is described as black, about six feet tall and weighing between 150 and 160 pounds.

He was seen wearing a black vest with a hood and a black toque.



Police investigating two bank robberies in November are looking for this man. POLICE HANDOUT

He spoke English and had a deep voice and may have been sporting a thin mustache.

Anyone with information with respect to these robberies, or any other robbery, is urged to contact the Ottawa Police Robbery Unit at 613-236-1222 ext. 5116.

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS) or toll-free at 1-800-222-8477.

TREVOR GREENWAY/METRO

## The Ottawa Hospital

Local hospital one of Canada's top rescue centres

The Ottawa Hospital is one of the best in the country for rescuing patients from life-threatening injuries or illnesses, according to a new scorecard that tracks the performance of Canadian hospitals. The hospital's index fell to 78 in fiscal 2013-2014, down from the previous year's score of 87.5. The Canadian average is 85 and Ontario average is 83. METRO

## Near Cornwall

Charges laid after Polish nationals smuggled into U.S.

Three Ontario residents have been charged with human smuggling after RCMP say Polish nationals were illicitly transported into the U.S. through a First Nation near Cornwall. It's alleged the accused would meet them at Toronto's Pearson airport or Trudeau airport in Montreal and drive them to Akwesasne Mohawk Territory, where they entered the U.S. THE CANADIAN PRESS

## Halifax. Hospital employee facing sex assault charges

Halifax public-health authorities say the allegations of an employee sexually assaulting a sedated patient marks the first time they have dealt with something like this, referring to the incident as not "normal."

Halifax Regional Police charged 43-year-old Scott Christopher Goreham with sexual assault Tuesday in relation to an alleged incident at the Queen Elizabeth II hospital on April 15.

Police say an 18-year-old woman was being prepared to undergo surgery when a male hospital worker allegedly saw Goreham, a patient attendant who was assisting the procedure, inappropriately touch the sedated victim.

"It's not something we've seen here before," said police spokesman Const. Pierre Bourdages, referring to it as a "rather unusual sexual assault."

"It's very concerning given how completely defenceless



Scott Christopher Goreham leaves Halifax Provincial Court.

JEFF HARPER/METRO IN HALIFAX

the victim was."

Capital District Health Authority's Vice President of People Kathy MacNeil told reporters Tuesday Goreham had been working as a patient attendant since 1999 and was suspended right after the incident was reported.

Capital Health held its own investigation, and he was fired with cause on April 30.

HALEY RYAN/METRO IN HALIFAX

## Haiti, Zimbabwe. 3,500 may soon face deportation

Canada will soon resume the deportations of roughly 3,500 people to Haiti and Zimbabwe, countries critics say are still struggling with the aftermath of natural and man-made disasters.

Immigration Minister Chris Alexander and Public Safety Minister Steven Blaney said the temporary suspension of deportations to both countries has been lifted and migrants from Haiti and Zimbabwe can face removal after six months if they remain without legal status.

The decision leaves only three countries — Afghanistan, Democratic Republic of Congo and Iraq — on Canada's removal moratorium list.

In justifying the decision, Blaney said Canada is simply

### Sex assault charges

### Canadian teacher goes on trial in Indonesia

A Canadian teacher and a teaching assistant went on trial Tuesday in Indonesia, accused of sexually abusing a kindergarten student at an international school.

Neil Bantleman, of Burlington, Ont., and Ferdinand Tjiong maintain their innocence as do fellow teachers and the principal at the Jakarta International School. THE ASSOCIATED PRESS

### Precarious situations?

**"For Canada to lift the suspension of removals when things remain precarious, it's a complete disregard of what's happening there."**

Raoul Boulakia, president of Refugee Lawyers Association of Ontario

following the steps of its "allies" after a thorough review of country conditions.

Advocates for refugees were shocked by Ottawa's decision, citing reports by the federal government itself and international aid groups that found little progress in those countries. TORSTAR NEWS SERVICE

### Afghan officer

### Gunman should not be put to death: Journalist

Kathy Gannon says she doesn't want the Afghan gunman who severely wounded her and murdered her photographer, Anja Niedringhaus, put to death. However, Gannon, an Associated Press journalist born in Timmins, Ont., says she wants the police officer responsible for the shooting to remain in prison.

THE CANADIAN PRESS

## More aboriginal women behind bars, study finds

### Overrepresentation.

Number of aboriginal women behind bars in federal institutions grew 97 per cent from 2002 to 2012, study shows

Emily, an alcohol-addicted young Inuit woman racked by painful memories of sexual abuse, went to jail for manslaughter in 2009 — joining what a newly released report calls one of the fastest growing segments of Canada's prison population.

The number of aboriginal women who were locked behind bars in federal institutions grew a staggering 97 per cent between 2002 and 2012, the study by the federal Justice Department concluded.

By comparison, the number of aboriginal men increased by

### Findings

The study also sheds light on the crimes that landed the aboriginal women covered by the study behind bars.

- Two out of every three aboriginal women were put into federal custody for violent crimes, such as assault, robbery, sexual as-

a comparatively small 34 per cent during that time.

"Aboriginal women are particularly overrepresented as offenders in female institutions and correctional services," said the 2013 report, obtained by The Canadian Press under the Access to Information Act.

"This representation has been growing in recent years and at a faster rate than aboriginal male offenders."

The focus of the study is female aboriginal offenders — a

sault, criminal harassment, and murder.

- That number drops to one in three for non-aboriginal women, leading to the conclusion that aboriginal women were more likely to have been admitted to custody for a violent offence.

group largely neglected by other research, the study concedes.

"The overrepresentation of aboriginal people in the Canadian criminal justice system has been acknowledged as one of the most challenging aspects facing the justice system today," it said.

"However, much of the attention to this overrepresentation has been focused on aboriginal people as a whole, without giving appropriate attention to the unique situation of aborig-

inal women as offenders."

The report found common threads among aboriginal women in the criminal justice system. They tended to be slightly younger than non-aboriginal women, had less education and struggled to find work. Substance abuse was also rife among female aboriginal prisoners.

The study found aborigines represent 34 per cent of all female and 22 per cent of all male prisoners in federal institutions. The numbers were slightly higher for both aboriginal men and women in provincial and territorial facilities.

Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, said a number of factors — including mandatory minimum sentences and more limited conditional release options — add up to a higher incarceration rate for society's most marginalized people. THE CANADIAN PRESS

## Senators urge national debate on assisted suicide



MP Steven Fletcher discusses the next step in physician-assisted death legislation. THE CANADIAN PRESS

Thwarted in his efforts to force the House of Commons to debate the issue of assisted suicide, Manitoba Conservative MP Steven Fletcher has gone down the hall for some help.

Two senators, one a Conservative, the other a Liberal, are taking over Fletcher's bid to make physician-assisted death legal under Canadian law, introducing a bill on the subject

in the upper chamber.

"This is an opportunity in fact for the Senate to shine, to demonstrate why the Senate is there," said Fletcher, who became a quadriplegic after a car accident in 1996.

"They are dealing with an issue that obviously most elected representatives do not want to deal with. Moreover, I think the mere fact that it's now go-

ing to be debated in Parliament will increase public awareness."

Conservative Sen. Nancy Ruth is introducing the bill with the support of Liberal-appointed senator Larry Campbell.

Ruth said her aim to have it passed through the Senate by spring and then handed over to the House of Commons. THE CANADIAN PRESS

THE CANADIAN PRESS

## A new day for Toronto

Toronto's new mayor, John Tory, reacts after receiving his chain of office during an inauguration ceremony in Toronto on Tuesday.

CHRIS YOUNG/THE CANADIAN PRESS



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# Cuddles worth \$60/hour

**'I've always been a very snuggly person.'**

Victoria, B.C. massage therapist started service in August



THANDI  
FLETCHER  
Metro in Vancouver

"Big spoon or little spoon?"

That's one of the questions Victoria, B.C., massage therapist Alexis Anderson asks clients ahead of each session, and she's not talking about ice cream.

The 38-year-old launched an unusual new service in August that has been making international headlines: private cuddling sessions.

"I've always been a very snuggly person," Anderson told Metro. "Everybody's good at snuggling as far as I'm concerned, but to snuggle strangers is a different kind of thing."

For \$60, customers at Snuggle Service get an hour's worth of cuddling activities of their choosing with Anderson, in-

cluding spooning, back patting and hand holding.

Anderson also offers cuddle-and-a-movie packages for \$150 (no sexy or horror movies), as well as an overnight cuddle session that includes a movie in the evening with healthy snacks and a home-cooked breakfast in bed for \$350.

Although she launched the service only a few months ago, business is already booming, said Anderson.

She has about five regular clients a week, and her voice-mail has been flooded with inquiries from prospective customers.

"I'm being inundated with calls," she said. "I'm kind of an introvert, so it's a little bit overwhelming."

A registered massage therapist and five-year yoga practitioner, Anderson said she felt a calling to start her snuggling service earlier this year.

"It came from a place of care for my fellow human beings," she said. "I can walk down the street and sometimes it feels like an extrasensory perception; you can tell who hasn't had human contact in a long time and who has."



Alexis Anderson, a registered massage therapist in Victoria, B.C., offers private cuddling sessions for \$60 an hour. COURTESY ALEXIS ANDERSON

Anderson said she has a wide range of clients, from people who are grieving the loss of a loved one to others who have a physical or mental disability and haven't experienced human touch for years.

She said a snuggle session can leave clients both mentally and physically transformed. She pointed to research that revealed hugging releases a flood of oxytocin, often referred to as the feel-good bonding hormone, and lowers levels of cortisol, the stress hormone.

Snuggling Service is a purely platonic service based around non-sexual contact, said Anderson, adding that she terminates sessions immediately if anyone doesn't respect the rules.

"I do everything I can to keep myself safe, and so far it's worked out," she said, adding she lets clients decide how a session unfolds.

"Some people just want to put their head on my lap on a pillow while some people want the full heart-to-heart cuddle," she said.

## RCMP pilots doctored flight manifests: Commissioner

RCMP pilots doctored flight manifests in order to fly overloaded aircraft, the federal integrity commissioner said Tuesday as he dismissed several other serious allegations from a whistleblower for lack of evidence.

Commissioner Mario Dion says he could not establish whether the RCMP flights in 2012 posed a danger to the life, health or safety of anyone because the true weight of the aircraft is not known.

"The records were, not being accurate, it's impossible to determine actually what was the total weight of the plane

on any given flight and therefore impossible to determine whether it did constitute a risk to health and safety," Dion said in conference call.

Several other serious allegations from a whistleblower — including that RCMP planes were flown without valid airworthiness certificates, that pilots with lapsed credentials were scheduled to fly and that the RCMP overpaid to house planes at a commercial hangar recommended by a staff member — could not be substantiated "on the balance of probabilities," Dion said.

His report remains under a

legal challenge from the federal government, which wanted to quash his findings before they could be made public.

However a judge last week rejected the bid by the federal attorney general and Dion says his mandate includes public disclosure of wrongdoing.

NDP Leader Tom Mulcair said he was astonished by the government's attempt to block the release of the information.

"Every time they get a chance, they attack the independent institutions that are there in the public interest," said Mulcair. "This is just one more example." THE CANADIAN PRESS

## PM defends embattled Fantino

Prime Minister Stephen Harper came to the defence of his embattled veterans affairs minister Tuesday as calls continued for Julian Fantino to resign and for the government to apologize for misleading veterans.

The decision to make a senior member of Harper's media team Fantino's chief of staff makes it clear the minister has lost control of the veterans file, NDP Leader Tom Mulcair declared during question period.

"The prime minister doesn't trust the minister to manage his own office, he puts in one of his own henchmen but he lets him take care of thousands of veterans," Mulcair said.

"Since the prime minister clearly no longer trusts his minister, what is he waiting for to throw him out?"

The move wasn't a big deal, Harper retorted, saying all ministers have chiefs of staff.

"I gather even the leader

of the NDP has a chief of staff, obviously watching over the slow descent of that particular party," he deadpanned, to the delight of the Tory caucus.

The calls for Fantino's resignation come amid revelations that \$1.13 billion in funding went unspent at Veterans Affairs over nearly eight years, and were followed by an auditor general's report that excoriated how the government treated veterans. THE CANADIAN PRESS

# Possible wife, son of ISIL leader detained

**Lebanon.** If their identities are confirmed, officials may use the pair as bargaining chips

Lebanese authorities detained a woman and young boy believed to be the wife and son of reclusive Islamic State group leader Abu Bakr al-Baghdadi, and were questioning the woman and conducting DNA tests on the child, senior Lebanese officials said Tuesday.

If their identities are confirmed, Lebanon may use the pair as bargaining chips to win the release of soldiers and police taken hostage by the extremists in cross-border attacks earlier this year.

The woman, identified as an Iraqi, and child were taken into custody 10 days ago while carrying fake ID, officials said.

Very little is known about



This image purports to show the leader of the Islamic State group Abu Bakr al-Baghdadi delivering a sermon at a mosque in Iraq.

MILITANT VIDEO/THE ASSOCIATED PRESS FILE

al-Baghdadi's personal life, including how many wives and children he has. Conservative interpretations of Islam allow men to marry up to four wives. The Islamic State group did not immediately comment on the detentions, but the faction's supporters on Twitter and mil-

itan websites cast doubt on the reports.

Adding to the confusion, the Lebanese army did not release an official statement regarding the pair.

A Lebanese military official identified the woman as Saja al-Dulaimi who was held by Syrian authorities and freed in a prisoner exchange with the Nusra Front, Syria's al-Qaida-linked branch, earlier this year. The official said the woman "confessed" during interrogation that she was al-Baghdadi's wife.

The officials spoke on condition of anonymity in line with regulations.

In March, the Nusra Front freed more than a dozen Greek Orthodox nuns in exchange for the release of dozens of female prisoners by the Syrian government. A woman named Saja al-Dulaimi was reportedly on the list of prisoners freed by Damascus. **THE ASSOCIATED PRESS**



## UN to suspend aid to Syrian refugees

Syrian refugee children sit near a tent at the entrance of their refugee camp Tuesday, as they wait to attend an activity in the eastern Lebanese Town of Al-Faour near the border with Syria. Syrian refugees in Lebanon reacted with panic Tuesday to news that the UN was suspending aid to 1.7 million refugees due to lack of funds — a decision officials said threatens to starve thousands of families and add pressure on already strained hosting countries. **HUSSEIN MALLA/THE ASSOCIATED PRESS**

# Israeli government crumbles as Netanyahu fires ministers

Israel's divided government fell apart Tuesday as Prime Minister Benjamin Netanyahu fired two rebellious Cabinet ministers and called for a new election more than two years ahead of schedule.

Netanyahu's announcement plunges the country into a bitter campaign that seemed unlikely just a few days earlier. The election, expected to be

held early next year, would come at a time of growing violence between Palestinians and Jews and deepening despair over the prospects for peace.

In a nationally televised address, Netanyahu said he had ordered the dismissals of Finance Minister Yair Lapid and Justice Minister Tzipi Livni. The pair, who had separate

centrist parties, had emerged as his leading critics.

Netanyahu accused the two of trying to stage a "putsch," saying he could "not tolerate opposition from within the government." He said he would present legislation in parliament to dissolve the government and to hold elections "as soon as possible."

**THE ASSOCIATED PRESS**

## Earth's changes

### 4.9 trillion tons of ice lost since '92

In the more than two decades since world leaders first got together to try to solve global warming, life on Earth has changed, not just the climate. It's gotten hotter, more polluted with heat-trapping gases, more crowded and just downright wilder.

The numbers are stark. Carbon dioxide emissions: up 60 per cent. Global temperature: up six-tenths of a degree. Population: up 1.7 billion people. Sea level: up three inches. U.S. extreme weather: up 30 per cent. Ice sheets in Greenland and Antarctica: down 4.9 trillion tons of ice.

"Simply put, we are rapidly remaking the planet and beginning to suffer the consequences," says Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

Diplomats from more than 190 nations opened talks Monday at a United Nations global warming conference in Lima, Peru, to pave the way for an international treaty they hope to forge next year.

**THE ASSOCIATED PRESS**

## Ferguson rioting

### Police investigate Michael Brown's stepfather

Police are investigating Michael Brown's stepfather for angry comments made to a Ferguson crowd after a grand jury decided not to indict the police officer who fatally shot his stepson.

St. Louis County Police spokesman Brian Schellman said Tuesday that police want to talk to Louis Head about his comments as part of a broader investigation into arson, vandalism and looting that followed the Nov. 24 grand jury announcement. Twelve commercial buildings were destroyed by fire.

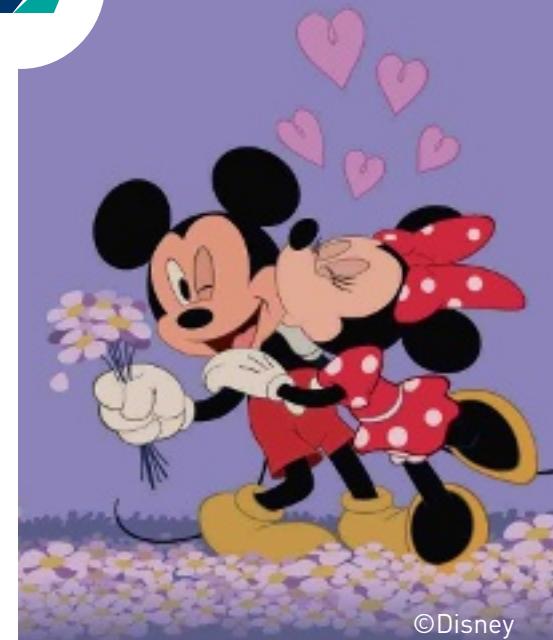
Widely-circulated video showed Brown's mother, Lesley McSpadden, on top of a car and breaking down as the announcement blares on a stereo. Head, her husband, comforts her then repeatedly yells angry comments, including "Burn this bitch down!"

Family attorney Benjamin Crump has called the reaction "raw emotion," but "completely inappropriate."

**THE ASSOCIATED PRESS**

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NE121G214



This photo taken on Oct. 27 shows a view of Zaliv, a ship-building factory in Kerch, Crimea. The ship-building factory was forcibly seized from its Ukrainian owners by a Russian company in August. LAURA MILLS/THE ASSOCIATED PRESS

## Crimean businesses seized, Ukraine says

### Hostile takeover.

More than 4,000 enterprises have been expropriated since Russia annexed Crimea eight months ago

One day in October, a dozen armed men in masks drove up to the gates of Yalta Film Studios. They weren't actors, and this was not make-believe. It was a hostile takeover.

"They forced all the employees onto the ground, sealed off the premises and halted the work of the studio," said owner Sergei Arshinov.

Nestled in the hills overlooking the Black Sea, the studio — which owners have sunk \$16 million into since 2004 — is just one of thousands of businesses seized from their owners since Crimea was annexed by Russia eight months ago. Crimea's new pro-Moscow leaders say the takeovers, which they call nationalizations, are in-

dispensable to reverse years of wholesale plunder by Ukrainian politicians and oligarchs.

But an Associated Press investigation throughout this peninsula the size of Massachusetts found many instances of less noble practices: legal owners strong-armed off their premises; buildings, farms and other prime real estate seized on dubious pretenses, or with no legal justification at all; non-payment of the compensation mandated by the Russian constitution; and targeting of assets belonging to or used by the Crimean Tatar ethnic minority and the pro-Kiev branch of the Orthodox Church.

In a preliminary estimate, Ukraine's Justice Ministry told AP that around 4,000 enterprises, organizations and agencies have had their property expropriated.

Some holdings, from shipyards to health resorts, were publicly earmarked for repossession by Crimea's regional government, now part of the Russian Federation. Others were simply seized by armed

### Quoted

"They forced all employees on the ground, sealed off the premises and halted the work of the studio."

Sergei Arshinov, owner of Yalta Film Studios

men, sometimes carrying official decrees that were never published or had no documentation at all.

Crimea's Russia-installed prime minister, Sergei Aksyonov, says the nationalization law enacted Aug. 8 seeks to right wrongs committed by officials in Ukraine, where a lot of state property was sold off at bargain prices because the government was broke.

"Over the past 10 years, the majority of state property was illegally stolen from the government," Aksyonov told AP. "Enterprises were privatized via fraudulent schemes and the state didn't receive any money."

THE ASSOCIATED PRESS

### Property grab

In June a 34,600-acre farm was taken by armed men with signed documents from Russia-installed PM Sergei Aksyonov stating the \$1.6M farm was being nationalized. This has not been the only instance.

- **Pro-Kiev.** Those still loyal to Ukraine have been stripped of their assets, notably Ihor Kolomoisky who has had 65 of his properties taken.

- **'It's a robbery.'** Yalta Film Studios says they con-

vinced the men to leave, but have been unable to register as a Russian business and will legally lose the right to stay in business after Jan. 1. The studio has been offered \$1M in compensation.

# Ground beef recall in Western Canada

**Worries.** While there are concerns over E. coli, there have been no reported illnesses, says food inspection agency

Federal health officials are recalling packages of ground beef produced by food giant Cargill due to concerns about E. coli.

The Canadian Food Inspection Agency (CFIA) said Tuesday there have been no reported illnesses related to the recalled products but advised people to throw out or return packages to the store where they were bought.

The meat carries the Your Fresh Market brand name and was sold at Walmart stores in Alberta, British Columbia, Manitoba and Saskatchewan.

The extra-lean ground

2012

The largest beef recall in Canadian history involved 4,000 tonnes of beef — some 1,800 products — that were pulled from the North American market in 2012. XL Foods Inc. operated the meat-packing plant in Brooks, Alta., that was linked to the E. coli 0157 outbreak. Eighteen people fell ill.

beef sirloin, extra-lean ground beef, medium ground beef and lean ground beef was sold in 475-gram, 900-gram and 1.6-kilogram packages. All carry a best-before date of either Nov. 28 or 29.

Cargill spokeswoman Connie Tamoto said E. coli 0157 was found in a random sample of ground beef that had been packaged at a Calgary case-ready facility on

Nov. 19. She did not know which slaughterhouse the beef came from.

Winnipeg-based Cargill Meat Solutions has two processing plants in Canada: one in High River, Alta., and the other in Guelph, Ont.

"Obviously food safety is critical to us," said Tamoto. "We're doing everything we can to work with the CFIA and Health Canada to make sure they have everything they need as they continue to investigate the situation."

She said the recall involves about 14,000 kilograms, or 14 tonnes, of ground beef.

The CFIA warns that food contaminated with E. coli 0157 may not look or smell spoiled but can still make you sick. Symptoms can include nausea, vomiting, mild to severe abdominal cramps and watery to bloody diarrhea.

THE CANADIAN PRESS

## Freight service getting worse: Survey

Freight service on North American railroads has deteriorated significantly in the past year, according to an annual RBC Capital Markets survey of rail-way customers.

More than three-quarters of shippers surveyed labelled service as fair or poor, compared to 32 per cent who gave the railroads such a grade last year.

Analyst Walter Spracklin attributed the widespread dissatisfaction to the impact of congestion and severe weather on deliveries last winter.

"We consider the decline in customer satisfaction to be a temporary sentiment shift

caused by unforeseen factors that were largely out of carriers' control," he wrote in a report Tuesday.

Spracklin said the poor grade shouldn't hurt the railroads' stock price because of the strong price and volume outlook by shippers for 2015.

Canadian National Railway received the most positive ratings of the six large railroads in Canada and the U.S. The next best performer was Union Pacific Railway.

Rankings for the other four, including Canadian Pacific, were not given.

Montreal-based CN benefit-

ed from relatively strong operating metrics, such as train speeds and dwell time in terminals, to beat rivals. Still, the proportion of shippers who gave CN just a fair or poor rating doubled to 63 per cent this year. Just seven per cent rated CN's service as excellent, down from 15 per cent last year and 22 per cent in 2013.

Criticism focused on capacity constraints, rail car shortages and transit time issues.

"Service has been terrible, but CN Rail has been the best of the group," said one shipper, who was not named.

THE CANADIAN PRESS

## Glass ceiling. Ontario aims for more women on boards

Ontario is changing securities rules in hopes of getting more women appointed to corporate boards and promoted to senior management teams.

Starting Jan. 1, companies must disclose the number of women on the board and in executive-officer positions, policies regarding the representation of women at the director level and director term limits.

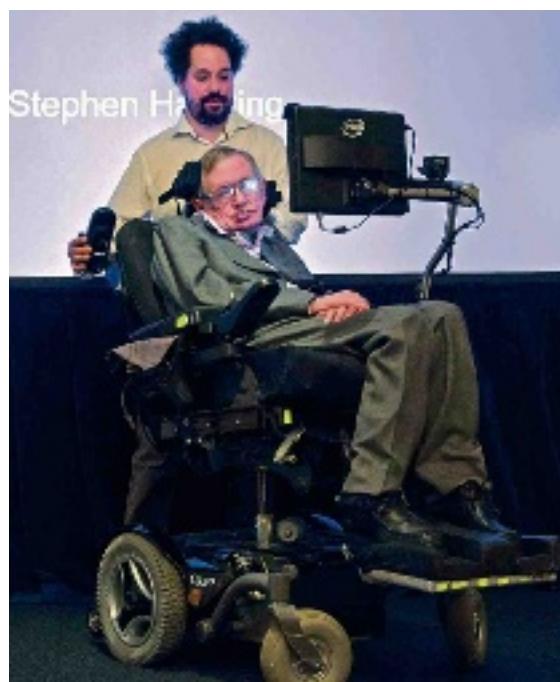
Finance Minister Charles Sousa says the rule changes will result in the promotion of

more women through a "communicate or explain" model, rather than using specific quotas.

Of 448 companies that responded to a government survey, 57 per cent have no women directors and 53 per cent have women in fewer than 10 per cent of their executive-officer positions.

Women make up 48 per cent of the workforce but account for only about 16 per cent of board members of Canada's FP500 companies.

THE ASSOCIATED PRESS



## Giving people a voice

British theoretical physicist Prof. Stephen Hawking speaks to members of the media on Tuesday at a news conference in London. The system that helps Stephen Hawking communicate with the outside world will be made available online from January in a move that could help millions of motor neuron disease sufferers, scientists said Tuesday. The wheelchair-bound physicist, who shot to international fame in the 1980s with his book *A Brief History of Time*, hailed the decision by U.S. tech giant Intel at a news conference in London. JUSTIN TALLIS/AFP/GETTY IMAGES

Grew 45% from 2012

## Canada's clean energy sector up

Canadian investments in clean energy totalled \$6.5 billion last year, a 45 per cent increase from 2012, according to a new study released Tuesday.

More than half the Canadian investment — \$3.6 billion — went into wind power, with another \$2.5 billion invested in the solar sector, says Clean Energy Canada, an advocacy and research organization.

THE CANADIAN PRESS

75% using e-records

## Doctors embrace electronic records

The 2014 National Physician Survey shows 75 per cent of doctors across the country report using electronic records to enter or retrieve clinical patient notes on a laptop or desktop computer, triple the percentage that had gone digital in 2007.

THE CANADIAN PRESS



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## VOICES

## DON'T MAKE IT A CAREER-LIMITING XMAS

With stories of serious workplace harassment in the news, some offices are putting a chill on holiday party flirting and other shenanigans.

But while you may perceive your actions as harmless fun, HR might see it differently, writes Metro's Liz Brown



**LIZ  
BROWN**  
Metro in Toronto

'Tis the season for the workplace Christmas party.

Apparently, it's also the season for friendly reminders from your boss not to be a creep at the office celebration.

Recently, Canadian employment law firm Levitt and Grosman LLP sent a note to its workers about expected party etiquette, noting: "You probably aren't in the same league as Jian Ghomeshi when it comes to bad behaviour in the workplace, but you still need to keep yourself in check at the company holiday party or you could end up fired with cause."

With liquid courage fuelled by rum and eggnog, the Christmas party may seem the perfect moment to make your move on that office cutie you've been eyeing at the photocopier.

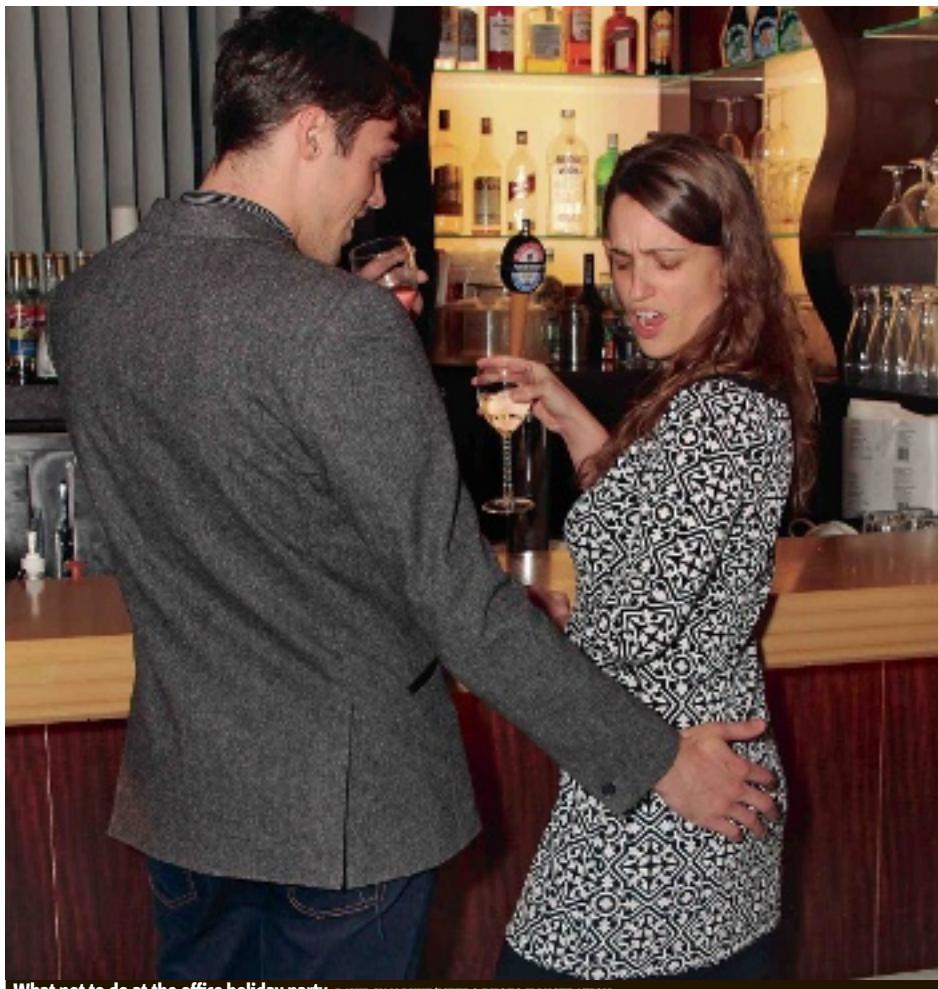
But flirtatious overtures may not be perceived as merry and bright in the eyes of the receiver, your employer or your co-workers.

We are all confident we know where "the line" is and many of us have been tempted to do a little festive flirting with a fine work friend. But any office celebration is really just an extension of the boardroom — not a singles soirée.

So don't say or do anything under the mistletoe that you wouldn't dare do under the glare of the fluorescent office lights.

We should remember that a party faux pas can fell even those who are experts in workplace harassment issues.

Case in point: A Toronto lawyer who specializes in labour and employment law who was accused of busting a few too



What not to do at the office holiday party. DAVID VAN DYKE/METRO PHOTO ILLUSTRATION

**What she said**

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day." You don't want to be repeating that line this month.

many moves with a female associate at a booze-filled work function.

In 2009, Toronto lawyer David Cowling, a former Mathews, Dinsdale & Clark partner, allegedly got a little too handsy on the dance floor.

Following the party, two associates complained to other partners about his behaviour and Cowling launched a \$2.3 million defamation lawsuit against them in 2010.

Cowling eventually dropped the lawsuit, left the firm — as did the other two lawyers — and cleared his name with a settlement and public statement.

But that one night of booze-fuelled fun left him with more than a hangover headache.

This little anecdote is one to keep in mind as your own party approaches. What you perceive as flirtatious fun can be downright creepy to your co-workers.

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day."

You don't want to be repeating that line this month.

So ease up on the booze, keep your hands to yourself, and remember, there's a reason you became an accountant and not a backup dancer for J.Lo.

## I know I'm not the only one avoiding the malls this year



**IRENE  
KUAN**  
Metro Online

If you're a retailer that's yet to open a virtual store, then you better get online, because the Christmas hordes are coming — just not on foot.

One third of Canadians plan to turn to the Internet to do most of their holiday shopping this year, according to a series of polls conducted by MasterCard, Ipsos Reid and Google. And I'm one of those shoppers.

I love shopping, but this holiday season, I can confidently say I will not be visiting any shopping malls. The only way I will be buying my gifts is online.

The trend of people shopping from the comfort of their own homes rather than going into stores has contributed to a drop in Black Friday retail sales in the U.S. for two consecutive years, according to the National Retail Federation.

I don't think I'm alone when I say I've always hated braving the crowds, not to mention dealing with grumpy and exhausted sales people. Plus, some of the online incentives offered by retailers are hard to pass up, such as exclusive deals not available in-store.

I'm not being a Scrooge, in case any of you think the maddening rush at the mall is part of getting into the holiday spirit. Online shopping for me isn't just about avoiding the mall. It's about the convenience of that one-stop

shop that saves me time, and the border-free access to purchase hard-to-find gifts that I probably can't even get at any store in my city.

So far this month, I've purchased gifts from the U.S. and New Zealand, which are expected to arrive in five to 10 days, all without leaving my condo.

Retailers that have yet to jump online are facing some tough competition, not only because of their physical limitations, but because virtual stores are offering perks that are similar or better, like free worldwide shipping, free returns and free gift-wrapping, as well as samples at checkout. Most deals in stores can also be found online, and brick-and-mortar retailers know this. Toronto's Yorkdale Mall even offered the first 100 customers to arrive at their

**Guilt-free shopping**

If you feel guilty about all those seasonal sales people who will be out of the job this Christmas — don't be. Amazon said it plans to hire 80,000 workers to fill its warehouse during the busy holiday season.

door on Black Friday a \$50 gift card. Meanwhile Amazon rolled out deals every 10 minutes on Cyber Monday. How can stores compete?

So if you're still a web-shy retailer, take note: If you get tech-savvy, I — along with those other one third of Canadians — could be enticed back to you.

# This Hour has 22 years

**TV Special.** As CBC's satirical series turns 22, Cathy Jones, the show's only original member, shares the sketches she loves best

MARK  
BRESLIN  
scene@metronews.ca

This year marks the 22nd season of *This Hour Has 22 Minutes*, the satirical sketch show on CBC that's Canada's version of *Saturday Night Live*.

The show may not be live, but it certainly is lively, with comedians like Mary Walsh, Shaun Majumder, Rick Mercer, Gavin Crawford and Colin Mochrie skewering our sacred cows over the past two decades.

No one represents the talented cast more than Cathy Jones, who is the only original actor still with the show.

With an hour-long 22 Minute special airing next Tuesday at 8 p.m., and a *This Hour has 22 Years — Live in Toronto* event on Thursday, we sat down with Jones to discuss her favourite moments from the show's two decades plus two years:

## Greg Toomey's Playboy Grotto

"I was a dimwit bunny from Newfoundland, and he's interviewing me, and I got to wear these ridiculously huge breasts ... Those sketches were so much fun to do!"

## Mrs. Enid and Mrs. Eulalia

"When Mary Walsh and I would do these two old ladies, we'd get so close to each other — we were like



Cathy Jones, second from right, and the *This Hour Has 22 Minutes* cast. RILEY SMITH

### Keeping up with the Jones

When congratulated on her 22 Minutes longevity, Cathy Jones is quick to remind she was also on the show's predecessor, *Codco*, for six years, meaning she's been on the air continuously for a staggering 28 years.

She says the secret to the show's success — in addition to the acting and writing — is that it is shot in Halifax, geographically removed from network politics and at a safe distance to allow it to flourish.

### The Quinlan Quints

"... And, there were only four of us! No one ever said what happened to the fifth sibling! They were raucous,

over-the-top and had the feeling of something totally unstoppable and crazy. One time Mary had to wear a dog cone around her neck. We couldn't stop laughing!"

### Angry Yoga

"I've always been the one in the troupe that likes to deal with 'groovy'

Cathy Jones RILEY SMITH

ideas and this was a sketch that played right into my interests. The premise has me as a yoga teacher that keeps getting angrier and angrier, which conflicts with the 'grooviness' of the character. Lots of YouTube hits on this one."

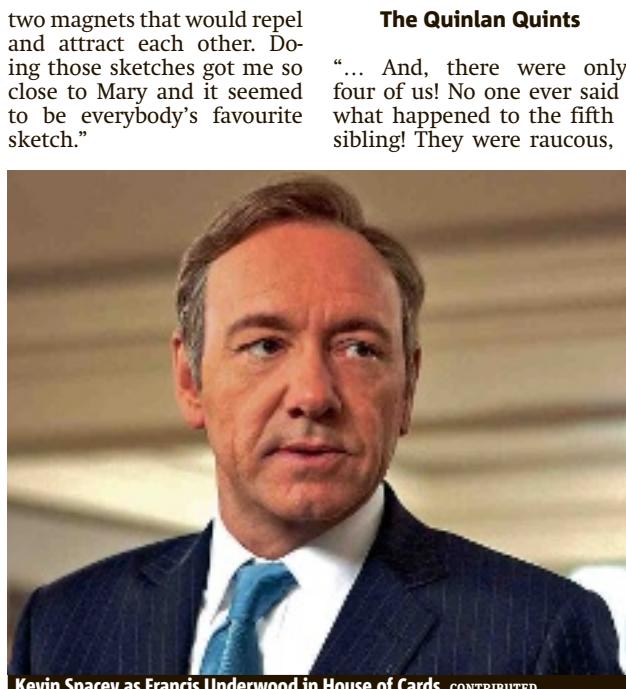
### Ida Smithe-Bishop

"I did this one with the fabulous Gavin Crawford. We played a couple of Brits with ridiculous accents and extreme dental prosthetics. Gavin was just so great to work with."

## Miniseries

### First look at A.D., The Bible sequel

NBC has shared the first trailer for *A.D. The Bible* sequel. The new miniseries hails from the creators of *The Bible* and is a followup to the hit miniseries. Picking up where *The Bible* left off, the new miniseries will explore the impact of Jesus' death and resurrection on his disciples and on political and religious leaders. The first episode will premiere on April 5, Easter Sunday. **AFP**



Kevin Spacey as Francis Underwood in *House of Cards*. CONTRIBUTED

## TV drama. *House of Cards* returns end of February

The third season of award-winning political drama *House of Cards* is to debut on Feb. 27, Netflix announced Monday.

"A special message from the White House," announced a short video posted on the show's Twitter and Facebook pages, giving the date.

The clip shows scheming politico Francis Underwood, played by Kevin Spacey, boarding what looks like a presidential aircraft with his ever-loyal wife Claire (Robin Wright).

Earlier this year, Netflix ordered a third season after *House of Cards* collected nine Emmy nominations, the first ever for an Internet-delivered series, and won Wright a best-actress Golden Globe.

Season 2 of the show found Underwood assuming the vice presidency, having ruthlessly undercut rivals and even murdered someone in a protracted act of revenge after being denied the promised post of secretary of state. **AFP**

2  
SCENE

# Allison Williams ready to soar as Peter Pan

**Live television.** The Girls actor realizes a childhood dream as she takes the lead in NBC's Peter Pan Live! musical

“Losing your shadow — What is that about?” muses Allison Williams. “As a kid you just accept it. But as an adult, I’ve spent a lot of time thinking about what it means.”

Williams, at 26 best-known for the HBO series *Girls*, feels her life since childhood has pointed toward Thursday at 8 p.m. EST, when she (and her shadow) will headline NBC's *Peter Pan Live!*

As a toddler, she was already listening to the Broadway recording of Peter Pan, and she viewed the 1960 NBC telecast starring Mary Martin countless times.

countless times. She even played Peter Pan with her grandparents.

"It was the only way they could get me into the bathtub," she recalls. "My grand-

**Allison Williams as Peter Pan in the musical version of Peter Pan Live!** VIRGINIA SHERWOOD/NBC/THE ASSOCIATED PRESS

Quoted

“My grandmother would be Wendy, and she would take a toothpick and dental floss and pretend to sew my shadow on while I was splashing around. My father was Captain Hook. That was our game.”

**Allison Williams** on playing Peter Pan with her grandparents

of *The Sound of Music*, NBC declared *Peter Pan* as this year's musical.

"From the second they announced it, I was emailing my agents constantly. I was sending them tapes of me singing *Never Never Land*."

Then she learned that Christopher Walken had been signed as the villainous pirate Captain Hook.

"I thought, 'What a cool choice!' And my desperation level went through the roof. Then finally the call came this summer, 'Would you like to do Peter Pan?'"

to do Peter Pan.

Here was a dream role that called for Williams to sing, dance, fight, master a British accent and, most challenging of all, fly.

"At first, to face a specific

direction was hard. To land without looking down was hard. To maintain your body

hard. To maintain your body in a position where people don't see the harness was hard. Then you want to put your own personality into the flying style, to come up with tricks and positions that

are original."

And working all this out, "you can't be up there too long at a time," she adds, "or

you'll get sore. But it's soooo great. It's wickedly fun!"

"I will take very, very good care of Peter," she vows. "I promise. I promise."

**THE ASSOCIATED PRESS**

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Christian Bale ALL PHOTOS: GETTY IMAGES

## Christian Bale sure knows how to burn big-time show-biz bridges

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids.

Bale tells the Wall Street Journal that George Clooney — who Bale concedes is "a movie star" — needs to pipe down when it comes to the invasive press. "It's boring, isn't it? You know what I mean?" Bale says. "It doesn't matter that he talks about it. It's like, come on, guys, just

shut up. Just get on with it and live your lives and stop whining about it. I prefer not to whine about it." Duly noted.

Oh, and don't expect him to re-team with Terminator Salvation director McG again anytime soon. "There's a lot of room for many approaches and many characters within the film industry," Bale says. "I won't be working with him again, but I wish him very well. OK?" And that is what Bale being diplomatic sounds like.



Reese Witherspoon

## Don't lay any sweetheart lines on Reese — she's just not having it

Guys, seriously. Cut it out. Reese Witherspoon is totally not America's sweetheart. "I certainly don't self-identify as anyone's sweetheart," she tells

Glamour. "I'm friendly, but I don't think I'm sweet. I'm honest." Yeah, but come on. That's totally something America's sweetheart would say.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

#### *Scarlett's secret wedding no secret anymore*

 **NED EHRBAR**  
Metro in Hollywood

Avengers star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Mont., less than a month after the birth of their daughter — and no one in the press caught on, according to Page Six.

"They kept the wedding a big secret because they both wanted privacy," says a source with a firm grasp



of the obvious. Johansson started introducing Dauriac as "my husband" at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month. So really, this one's on us for not catching it earlier.

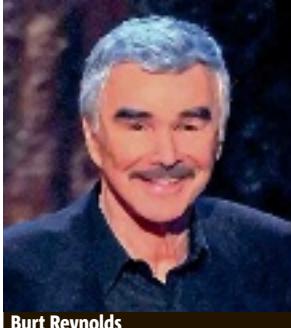


Lauren Graham

## Graham's new comedy gives late-night talk show bastion a shot of estrogen

The late night talk show circuit is still an exclusively white male club, but we can at least pretend it's more diverse, right? NBC has tapped Gilmore Girls alum Lauren Graham to star in *Kate on Later*, a

comedy series in development focusing on the foibles of the first female late-night host. The show is being overseen by Ellen DeGeneres' A Very Good Production company. Hey, it's something, right?



Burt Reynolds

## Make out like a Bandit with Burt Reynolds' muscle car

Want to own a piece of movie history? Well good news, because Burt Reynolds is looking to get rid of some stuff. His 1978 black Trans Am from the Smokey and the Bandit films is going up for auction next month along with a bunch of beauties from the Wellborn Musclecar Museum. This item in particular, personally owned by Reynolds, features portraits of his film alter ego embroidered into the headrests, a CB radio and the personalized licence plate BANDT22. Just don't expect cops to look the other way if you're going even a little too fast.

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## THINGS

## How-to

## Travel with a sense of adventure

Trafalgar.com's Liesa Bissett shares her best tips:

1. Keep a travel journal so you can share details of your trip with friends down the road. It will make a great reference.
2. Learn a few key phrases of the language of the countries you're visiting.
3. Research some of the stops on your itinerary in advance, so you know what places you might like to visit in your free time.
4. Pack a rechargeable battery charger for your phone to keep it functional for uploading pictures in real time.
5. Take a deck of cards. It's always cool to learn new card games from fellow travellers.

DOUG WALLACE/METRO

## Deal

## Cruises up to 73 per cent off

Windstar is offering up to 73 per cent off select cruises to the Caribbean, Tahiti and Asia until Dec.

12. Set sail on one of the signature white yachts of Windstar, most carrying fewer than 300 passengers. Smaller ships equal more specialized service. This is your chance to see Singapore, Panama, St. Lucia, Dubai, Vietnam and more at a fraction of the price. Fares from about \$1,450. Call 866-814-5860.

DOUG WALLACE/METRO



## Trend

## Hotel coffee culture

International hotel chain Le Méridien is amplifying its already burgeoning coffee-house atmosphere by hiring Dutch latte artist Esther Maasadam to be a global coffee ambassador. Starting with hotels in New Orleans, Vienna, Hong Kong and London, to name a few, Maasadam will create coffee art and help local Méridien baristas further hone their skills in the chain's busy Le Méridien Hubs.

DOUG WALLACE/METRO



# Martinique, c'est magnifique!

**French district.** The safest Caribbean island is rich in history and natural beauty

KATHY  
BUCKWORTH  
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"Martinique is not for tourists; it is for travellers," says our guide as we make our way through the winding, hilly roads of this French Caribbean island.

Martinique is to France as Hawaii is to the U.S. This island "outpost" is a district of France, and its approximately 400,000 inhabitants live under French law. Proud to have been anointed the safest Caribbean island in recent years, the island has a distinctive French flair which is uniquely blended with the island culture.

Peak travel times from Canada are December to March. Flights are direct from Montreal (Air Canada), or through Miami (American Airlines). The island is also busy during July and August, when the French take summer holidays. French is the official language of Martinique, with Creole as the unofficial, more casual language.

Most cruise lines visit Martinique, with Disney the latest to announce their Wonder ship will begin stopping there early 2016.

Entering Martinique is a breeze compared to many Caribbean islands. Passport control is quick and easy and there is only one luggage belt. Upon leaving the airport, you can either rent a car, or take a "Collective Taxi." Many people rent as cars drive on the North American side, but due to



Fort Saint Louis is a working military fort located in Fort-de-France and only opened to the public this year. ISTOCK

the extremely hilly roads, it is recommended that you hire an automatic transmission car.

There is surprisingly only one resort chain in Martinique: Club Med, which established its first club here in 1969. Throughout the island there are locally owned, smaller hotels and boutique resorts, all of which have their own particular charm.

An additional option in Martinique is the over 500 units available for rental through Airbnb (airbnb.com). There are many vacation home options available on the island.

There are fantastic natural

and historic sites for families to visit, including Emerald Estates — a natural regional park opened just five years ago. Its goal is to preserve and promote the natural and cultural history and conservation of the island.

Fort Saint Louis is a working military fort located in Fort-de-France. Opened to the public for the first time in July, guided tours take visitors through the working fort, which was built originally in the 1600s, but expanded in the 1800s.

A special feature of the fort is the hundreds of iguanas, who got their start on the island thanks to a zoo built in the fort in the 1950s.

The zoo was dismantled, but 30 of the iguanas escaped and have continued to multiply.

No trip to Martinique is complete without trying the local specialties.

A spice mixture called Colombo is a blend of seven different spices and has the taste of a rich, milder curry. It is used predominantly on chicken, but you can also find it on shellfish and other dishes. Bite-sized fried cod fritters are a typical appetizer before a meal, and octopus is served frequently, either grilled or deep fried. Cod originally came to Martinique from Canada in return for sugar cane as part of a trade

## For more information...

• Visit. martinique.org

route. Thanks to the French influence, desserts are chocolate, whipped cream pastries and other confections.

There are 11 rum distilleries on the island, and of particular note is the Clement, where guests can stroll through displays, home-steads and working machinery, as well as inhale the scent of thousands of barrels aging rum, soaking in a big part of Martinique's history. Martinique, c'est magnifique.

# Five things to do when you're in San Juan

**Puerto Rico.** With a colonial flavour, warm temps and tasty food, what's not to love about this old city?

LAKSHMI GANDHI  
life@metronews.ca

With its cobblestone streets, ocean views and colourful buildings, the historic section of Puerto Rico's capital is among the most picturesque urban areas in the territorial U.S.

## Explore a fortress

Built in the 1700s to protect the city from invaders, Castillo de San Cristobal — sister fort to the more famous El Morro — is the largest Spanish fort in the Americas.

The National Park Service took it over from the army in the 1960s, and visitors can now explore the watchtowers.

Looking for a good selfie



Old San Juan boasts stunning views and colonial architecture. ISTOCK

opportunity? Johnny Depp filmed a memorable scene in Pirates of the Caribbean: On Stranger Tides at San Cristobal's entrance.

## Stroll off the beaten path

Located along the northern city wall of Old San Juan, La Perla is a historically un-

safe area now undergoing a facelift and worth a visit — although you may feel more comfortable going with a tour guide. The neighbourhood was initially created as a community for servants and former slaves, to keep them away from the city's centre. But today, La Perla,

which has stunning ocean views, is becoming known for its music and arts scene, with concerts held regularly.

Most tourists head to La Perla's Santa Maria Magdalena de Pazzis Cemetery, the final resting place of many of the island's most historic figures.

## Eat like a local

Put finding a tasty mofongo high on your must-eat list. The fried plantain dish is usually served with meat or fish. Order it at Café Puerto Rico (208 Calle O'Donnell).

Head into the Condado section of San Juan for something a little less traditional at Budatai, where you'll find a fusion of Puerto Rican and Asian flavours from Iron Chef contestant Roberto Trevino.

## New hotel option

Bringing the whole family for a warm weather vacay? Hyatt House, Puerto Rico's first extended-stay hotel, just opened in San Juan. The hotel features roomy suites with full kitchens and living rooms.

## Mind the furrier citizens

It's impossible to walk through Old San Juan without seeing the stray cats that call the neighbourhood home. Said to be the descendants of the felines that strolled Columbus' ships, the cats are synonymous with this section of the city.

## Bucket list

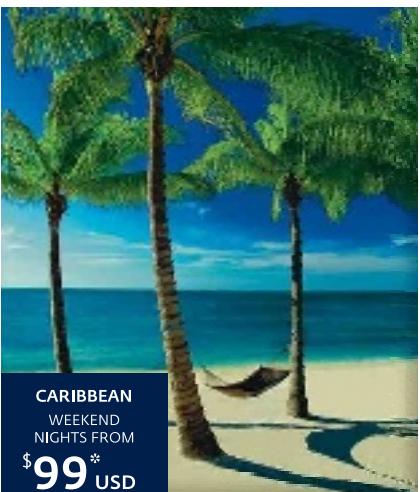


### Philadelphia, birthplace of America

Fans of Philadelphia's cheese steak sandwich will be happy to hear the city is enjoying a bit of a moment. On top of 300-year-old architecture and a rich history, Philly promises all the food and fun of New York with way better prices (and there's no sales tax on clothing). It's only 25 blocks from river to river, so it's an easy place to get around. The Italian Market is a real hub, the oldest open-air market of its kind in the U.S. The Philadelphia Museum of Art (pictured) houses more than 200,000 works spanning 2,000 years. Visit VisitPhilly.com. TEXT: DOUG WALLACE, PHOTO: B. KRIST/ VISIT PHILADELPHIA

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# A launching point for adventure

## Visit Montego Bay.

Jamaica's centre for music, culture and food

VAWN  
HIMMELSBACH  
For Metro

While Montego Bay is Jamaica's resort capital, there is more to do here than lie on the beach with a rum punch working on your tan (although that's not such a bad option).

As a centre for music, culture and food — and a launching point for adrenalin-pumping adventure — there is something that will appeal to everyone from families to honeymooners.

"We are on target this year to welcome the most visitors from Canada we've ever had," said Philip Rose, regional director for Canada with the Jamaica Tourist Board.

While he attributes this to the island's diversity of offerings, he said air-



Montego Bay has a 15-mile stretch of coastline, offering lively urban beaches and secluded white-sand strands. JAMAICA TOURISM BOARD

lines and tour operators have also increased their service to Montego Bay.

To accommodate these visitors, more than 1,400 new or refurbished hotel rooms are being added this year, from five-star resorts to

boutique, eco-friendly and budget-friendly options — many built on 19th-century sugar plantations.

One would be remiss, of course, not to visit the beach — Montego Bay has stunning beaches, backed by picturesque mountains. And a walk along Hip Strip offers beach culture with a variety of restaurants, shops and nightlife. To party



Adventure sports are easily accessible from Montego Bay, such as swimming in waterfalls or spelunking in caves. JAMAICA TOURISM BOARD

with the locals until sunrise, head to Pier One, which is a "party beyond words," Rose said.

Foodies might fly here just to sample the jerk chicken, pork and seafood — a seasoning combination of pimento and scotch bonnet pepper. For hard-core jerk fans, the Jamaica Jerk Trail is a self-guided culinary tour that includes 22 stops at the island's

top jerk joints and pork pits.

"You have to go to Scotchies," Rose said. "It's a hole-in-the-wall restaurant that has fantastic jerk chicken and pork."

Or head to dinner on a deck under the stars at The Houseboat Grill, moored at the Montego Bay Marine Park Fish Sanctuary.

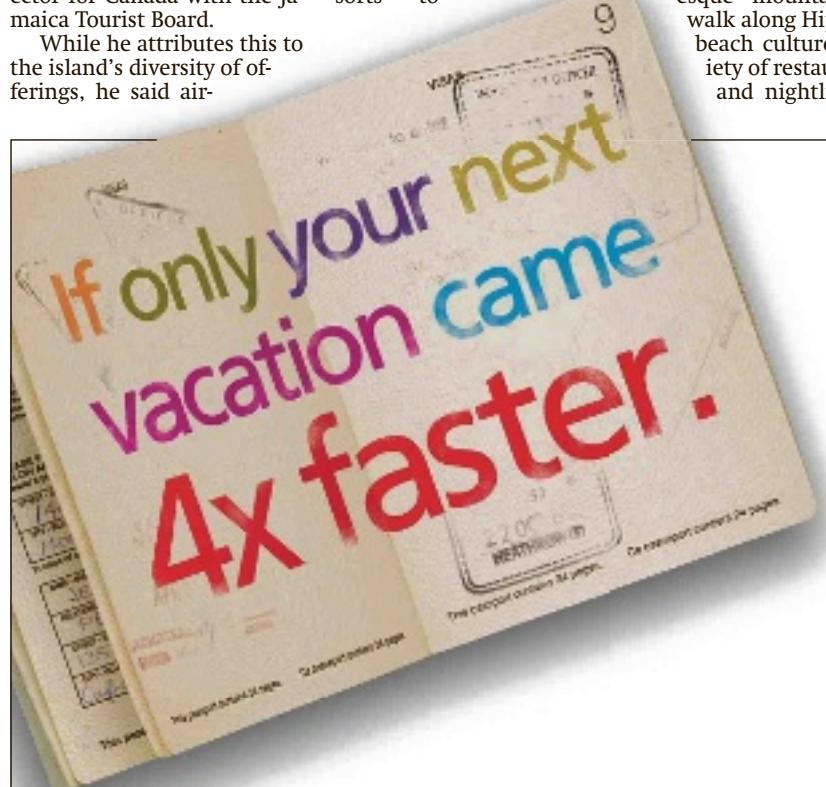
While Kingston is home to the Bob Marley Museum,

## Bottoms up

- A visit to Jamaica would not be complete without sampling one of its finest exports: Rum. Visit the Appleton Estate, Jamaica's oldest sugar factory and rum distillery, where some of the best Caribbean rum is made — with its distinctive orange and cocoa notes — and meet Joy Spence, the industry's first female master blender.

visitors can hear reggae all over the island. Reggae Sumfest is the largest music festival in Jamaica, which takes place mid-July in Montego Bay.

Visitors can also tick a few items off their bucket list, such as swimming with dolphins at Dolphin Cove, where they can also take in live reggae music, glass-bottomed boat tours, and shark and stingray excursions.



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# Enjoy spoonfuls of Tuscan inspiration

## Hearty Tuscan Soup.

You can make this simple dish on the stovetop or in your slow cooker



### DINNER EXPRESS

Emily Richards  
food@metronews.ca

As December hits, we often get lost in the bustle of holiday prep. But don't forget to feed yourself and your family in between trips to the mall.

Prepare ahead and do some grocery shopping so you have staples on hand to create hearty delicious dinners that you'll be able to make throughout the week.

Planning can be the hardest part, so sit down on the weekend and pick a few recipes that fit your budget and taste and make a grocery list.

Then shop and stock your pantry and refrigerator for the week ahead.

### Ingredients

- 1 tbsp (15 ml) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 tsp (10 ml) dried oregano leaves
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) hot pepper flakes
- 1/2 cup (125 ml) brown rice
- 1 can (28 oz/796 ml) stewed tomatoes
- 3 cups (750 ml) sodium reduced chicken or vegetable broth
- 1 can (19 oz/540 ml) mixed beans, drained and rinsed
- 1 pkg (10 oz/300 g) frozen chopped spinach

four hours.

For a frozen vegetable option you can omit the frozen spinach and add two cups (500 ml) of your favourite frozen mixed vegetables.

1. In a soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 5 minutes or until softened. Stir in rice to coat.

2. Add the tomatoes, chicken or vegetable broth, mixed beans and spinach; bring to boil. Cover and simmer for about 35 minutes or until rice is tender.



COOK TIME  
ABOUT 40 MINUTES

This recipe makes eight servings. EMILY RICHARDS

# Coconut milk comfort

Looking for something with a little twist for dinner tonight?

Why not try a little curry and coconut milk. These two ingredients can become staples in your kitchen and help to create flavourful and unique dishes that your family will love.

Check out this Curried Chicken soup that takes no time at all to make and is a surefire warmer upper for a cold winter's night.

This soup has a creamy texture from the rice and a delicate coconut and ginger

### Ingredients

- 2 tsp (10 ml) vegetable oil
- 2 onions, chopped
- 2 carrots, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) curry powder or paste
- 1 tbsp (15 ml) minced fresh ginger
- 3/4 cup (175 ml) basmati rice
- 4 cups (1 L) sodium reduced chicken stock
- 1 cup (250 ml) water
- 1 cup (250 ml) light coconut milk
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/3 cup (75 ml) chopped fresh coriander or mint leaves



This recipe serves eight. EMILY RICHARDS

flavour.

Add rice and stir to coat.

1. In a soup pot, heat oil over medium heat and cook onions, carrots and garlic for 5 minutes or until softened. Add curry and ginger and cook stirring for 1 minute or until well coated.

EMILY RICHARDS

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# Take some time to assess your tardiness

**Career.** If you are constantly playing catch up with the professional clock, you may want to sort out your schedule

LAUREN MARINIGH  
TalentEgg.ca

Your morning alarm goes off — and before you know it, you've pressed snooze 12 times and you now have five minutes to get ready and get yourself to work.

You may have heard that there are three types of people: the ones who are always 10 minutes early, the ones who are always late, and the ones that show up just in the nick of time.

The truth is, anyone can easily be the type of person who is early or on time. It just takes a change in the factors that are always making you late to begin with.

Here are some tips that can help you be a more prompt person.

## Use technology

For chronically late people, setting alarms and/or reminders for everything in your phone and computer



Wouldn't it be nice to stroll to work for once, rather than speed? iSTOCK

can make a big difference.

Even if you don't have trouble remembering engagements, being forced to set an alarm creates a good opportunity for you to reflect on the amount of time you'll need to prepare and travel to your commitment.

Commit yourself to doing this for everything, and

soon it will become second nature.

Tip: This may seem a little drastic, but you can try a time-honoured solution and put your watch forward. If you're always 15 minutes late, set them 15 minutes ahead. This way when you glance at a clock, you'll

mentally think you have to be somewhere now.

## Manage your commitments

Frequent lateness can also be a product of an over-stuffed schedule. Recognize that you aren't a superhero and can't do everything. When scheduling appointments, meetings and activities with

## Change your mindset

The mindset of chronically late people is usually: "I'm always late."

- That statement can lead to a complacent attitude. Start thinking about the rewards of being early. With less energy and time spent in a hurry (or apologizing), you'll likely find yourself less stressed. In turn, you'll be more collected and able to focus better, which means your productivity will increase.
- If it helps, think of promptness as a new skill you're working to develop. This will help you reframe ordinary activities as accomplishments, making the entire process more rewarding.

friends, add extra time to each activity. Monitor how your estimates align with what actually happens.

You may find that you routinely underestimate particular activities more than others — noting these habits will help you compensate in the future.

Tip: Having trouble getting started? Begin by limiting the number of activities you take on in a given day, which may make it easier to pinpoint where you're going wrong.

## Schedule for delays or plan to be early

If you live within a city, traf-

fic can be a big problem. If you live in a less urban area, getting stranded by car trouble is always a possibility. Make sure to allocate this into your scheduling. Leave additional time in case there are delays with traffic or public transportation.

You might find that your planning and time management skills are just fine — it's just transportation messing up your schedule.

Tip: Check social media or traffic and transit websites when you first wake up in the morning. If there's a delay, you can plan accordingly — and let people know in advance.

# A guru of gathering funds offers up his best tips

**Career.** Tony Robbins has released his first book since the 1990s

DAN SCHAWBEL  
Metro in New York City

Generating wealth is something that people don't like to openly talk about — especially in the current economy. One person who hasn't had that problem is Tony Robbins, the most prominent leader in the self-help industry. The companies that Robbins has founded or partnered with

have a combined annual sales of more than \$6 billion. Now Robbins is ready to explain how he gets things done with his new book MONEY Master the Game: 7 Simple Steps to Financial Freedom. Metro spoke to Robbins about some of the ideas and strategies he details in the book.



Tony Robbins. CONTRIBUTED

## What are your top three pieces of career advice?

Number 1 is decide what matters to you most. Everyone is different. For some people what matters most is position and prestige. For some people it's money, and for others it's fun. For some people it's free time, for some people it's the ability to express their creativity unedited.

You've got to know what's most important to you. Secondly, everyone says, "Live your passion and the money will come."

This simply is not true. It's possible to live your passion and the money will come, but only if the way you live your passion adds more value to other people's lives.

In my case, I was able to find a way to have my passion and my work be one in the same. Third, if you're going to succeed, there's only one secret: Every day, work harder on yourself than anything else. If you keep growing, then you'll have something to give.

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### What do Charles Schwab and Carl Icahn teach about creating wealth?

What I learned that all of these people have in common is that the greatest investors in the world are obsessed with never losing. Most investors are trying to win. Their view is no matter how smart they are, they're going to be wrong and they can't afford to lose, so knowing this they have a plan to protect themselves.

### How can a college graduate, with student debt, benefit from your action plan?

The first step, of course, is to make sure you're paying the least amount of interest on your current debt. The second step is to start automating a pattern for growing so that you can start tapping into compounded growth and move from being a debtor to an owner of the world's greatest businesses.

# A holiday bash that all your work buds can enjoy

**Career.** Make sure to make merry this season in a non-exclusive way

LAUREN  
MARINIGH  
TalentEgg.ca

For many people, the holidays are a time of happiness and celebration.

In the true spirit of the holidays, it's important to make sure that your workplace celebrations are inclusive and respectful of the traditions that different religious, ethnic and cultural groups adhere to this season.

Following these three tips will help when you're making plans to celebrate the holidays at your workplace:

**Don't assume**

Avoid making assumptions about what other people are celebrating, how they're celebrating or why they're celebrating.

Everyone has the right to decide on the best way to get into the holiday spirit without having to feel the need to de-



fend or explain themselves.

**Be flexible**

If you do want to celebrate in some way, be open to things that may be unfamiliar to you. Try asking your co-workers for suggestions or ideas for how they want to mark the holidays at work.

Your best bet is likely to focus on the season in general

and to commemorate the start of a new year above all else. If you want to do something traditional, like a gift exchange, arrange it so that it's not tied to one holiday in particular.

**Plan ahead**

When organizing holiday-related events, meetings, outings or parties (especially those that fall outside of regu-

lar work hours), plan around all of the major holidays that fall in late November and throughout December.

Make note of special observances in Christianity, Islam, Judaism, Buddhism and Hinduism, as well as any other religions your colleagues follow, so that you can pick a date that will work for everyone.

**We're all in this together**

Here are non-denominational ways to make your workplace celebration more inclusive:

- Few things bring people together better than food, and sharing a meal with the people you care about is one of the best ways to celebrate the season. Organize a potluck or arrange to have a variety of foods from different cultures available. It will give people a chance to try new things and encourage them learn about other traditions.
- When decorating your office, skip the commonplace Christmas tree and instead opt for a variety of decorations that celebrate aspects of the holidays common to as many religions as possible (go for themes like winter, peace and light). Limit religious symbols and get everyone to participate in making your workplace more festive.
- Give thoughtful gifts that aren't holiday-specific, unless you know for a fact that the recipient recognizes a holiday in particular. Choose bags or wrapping paper that doesn't focus on one culture over another.

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# Budget-friendly holiday decor

## Boughs of holly.

Deck the halls without breaking the bank

TERESA CHIYKOWSKI  
For Metro

There's nothing like decorating your living space to get everyone into the festive mood.

A few baubles here and a few boughs there can add a welcoming charm that puts everyone in the holiday spirit. But the cost of sprucing up your home can add up faster than you expect — and quickly cut a hole in your holiday budget. The good news is that there are ways to make your place look fab without breaking the bank.



Do Not Open Christmas Sack — \$34, available at ShopAGO, ago.net/shop

What's hot for the holidays?

"This season, you'll see more organic looks for trees, wreaths and garland," says Gail Gillis, owner of Ménage Interiors in Ottawa. Gillis offers some advice on what to do before you start your decorating activities.

"Make sure you decide on your theme and your colour scheme. Traditional is emerald, golden yellow and red. Modern is chartreuse, white and silver. And, if you have a more funky taste, try hot pink, soft pink and white or silver."

Gillis also provides a few tips to make seasonal decorating fun and inexpensive.

**Accessories and baubles:** Spray paint dated balls and ornaments.

Mercury glass continues to be popular this season. Grab a can of Krylon Looking Glass Mirror-like Aerosol paint and spray old glass vases, stemware and jars to create your own Mercury glass decor.

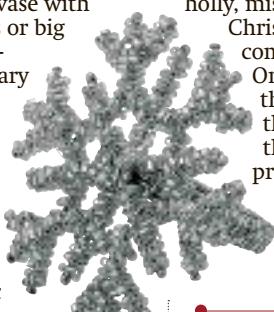
**Tall Gold Candles** — \$8.99 to \$9.99 and **Glass Candle Holders** (three sizes) — \$24.99 to \$34.99, available at Sears, [sears.ca](http://sears.ca).

**Garland, swags, and wreaths:** Purchasing tree clippings from the Christmas tree sale stands can be an economical way to make your own garland and wreaths. Ask a friend living in the country or who has a cottage, if you can pick up or cut off some evergreen branches from their land.

**Where to get the deals?** Scout out Value Village, Dollarama, Giant Tiger and JYNSK to find accessories, ornaments, swags and other treasures that look chic but don't come with the high price tag.

**For the foyer:** Make your entrance larger than life by filling a large vase with colourful balls or big candles. Transform an ordinary light fixture into a chandelier by adding crystals to it.

**For the dining table:** Use overlays of sheer fabric on top of a simple white table cloth using your



preferred colour palette. Chartreuse, emerald, silver and pink will look amazing and bring cheer to the table.

**For the staircase:** If you don't have a place to hang your stocking, the staircase is a great option. Swag your stockings together with garland, ribbon, or silk flowers. Instead of traditional garland, consider tying evergreen tree branches to every second or third rail on your staircase.

**For the bathroom:** Add a little Christmas glamour in the bathroom by using your best silver/crystal/china candle stick(s) and add a holiday-themed candle. Tie either a little greenery, holly, mistletoe or a simple Christmas decoration to complete the look.

Once you choose your theme and colours, there's no time like the present to start prepping your house.

If you need to buy anything, hit the stores as soon as

**Beaded and Jewelled Snowflake Napkin Ring** — \$6, available at Indigo, [indigo.ca](http://indigo.ca).



Anti-clockwise from top left: Warm Hearted Owl or Fox with Button Eyes Pillow — \$29.99, available at Sears, [sears.ca](http://sears.ca);

Snow Leopard Faux Fur Pillow — \$59.50, available at Indigo, [indigo.ca](http://indigo.ca).

Life at Home 20" Bauble Wreath with Beaded Baubles — \$39, available at Loblaws, [loblaws.ca](http://loblaws.ca).

Square Wreath, 24" — \$39.99, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca)

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# Christmas brunch recipes

**Easy peasy.** Make it the night before

YLVIA  
VAN BUUREN  
For Metro

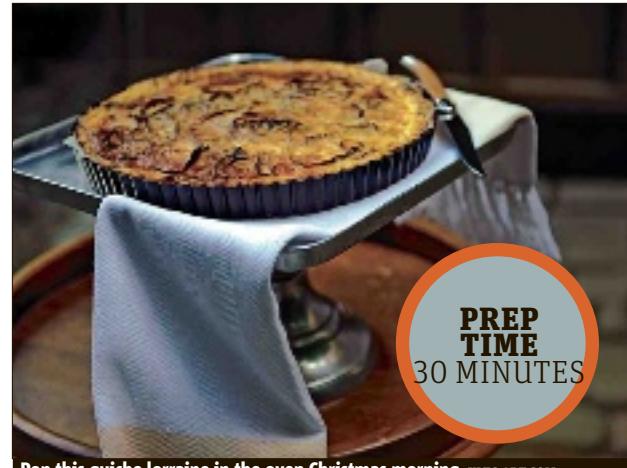
Christmas morning at our house is always a wonderful and relaxing time, says Pia Wiesen, (cookingwithpia.com) Caledon, Ont.-based author of a new cookbook called Pia — My Three Little Lands.

"Friends call me the 'queen of easy'. I really do not like to spend all day in the kitchen, especially since my family has a big dinner on Christmas Eve."

## Quiche lorraine

Make this quiche the day before you serve it. It shouldn't take more than 30 minutes to prepare but if you are really pressed for time, pick up a frozen prepared shell. On Christmas morning, warm it up in the oven, covered with aluminum foil, for 30-40 minutes.

**1** Sift the flour into a deep dish, put the butter on top, crack in the whole egg, and



Pop this quiche lorraine in the oven Christmas morning. KLTC-ART.COM

add the salt. Mix everything together with your hands until you have a nice ball of dough. If it is too dry, just add a little water (or some more butter).

**2** Butter a 9-inch (2.5 L) spring form and press the dough into the form, making sure it is even and high up on the sides so that the filling won't run over.

**3** Preheat oven to 375°F (190°C).

**4** Fry the bacon. When slightly brown, remove from pan, place on paper towel and blot away most of the fat.

**5** Beat eggs, pepper, and cream together until nice and creamy. Add the cheese to the mixture.

**6** Spread bacon evenly over the bottom of the spring form. Pour the egg mixture over the top.

## Ingredients

### Dough:

- 2 cups (500 mL) all-purpose flour
- 1½ cups (375 mL) unsalted butter
- 1 egg
- Pinch of salt
- 1-2 tbsp (15-30 mL) water (if needed)

### Filling:

- 1 cup (250 mL) bacon, diced
- 4 eggs
- White pepper
- 1 cup (250 mL) whipping cream
- 2 cups (500 mL) grated Gruyere cheese

**7** Put the quiche in the middle of the oven, and bake for approximately 40 minutes.

**8** When finished, take out of the oven and let sit for 10 minutes. Open the spring form and let the quiche glide onto a serving dish.

Let it sit for another five minutes. Cover and refrigerate.

RECIPE COURTESY OF PIA WIESEN



Top 'em with brie, bacon or pancetta, and cranberry sauce. KLTC-ART.COM

## Ingredients

- 5 medium size potatoes, grated
- 1 egg, whole
- 1 small onion, grated or finely chopped
- 1/2 cup (125 mL) parsley, finely chopped
- 2 tbsp (60 mL) flour
- Salt, pepper to taste

with another pancake. Add another slice of brie and a slice of cooked bacon or pancetta. Repeat with all pancakes until you have three or four little stacks. Place in a warm oven until the cheese melts (about 20 minutes). To serve, put a spoonful of cranberry sauce on top of each stack. PIA WIESEN



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# Alfie wrapping up NHL career in beautiful way



THE HOCKEY  
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Murray Pam  
ottawa@metronews.ca

You never quite know what the weather will be like on an Ottawa December day; but this Thursday, there's no doubt it will be beautiful for Senators fans when Daniel Alfredsson calls it a career.

And what a career it was — 18 seasons, 17 as a Senator, including 14 as captain, the most by a European in NHL history. Alfredsson's name is entrenched throughout the club's record book. The Gothenburg, Sweden, native ranks No. 1 in games (1178), goals (426), assists (682) and points (1108).

It wasn't only his on-ice performance that endeared Alfie to his legion of fans. Since his debut in 1995, Alfredsson and his wife, Bibi, have become pillars in the community. Alfredsson supported the Ottawa Boys and Girls Club and Right to Play. He was not opposed to putting a public face to the Do You Know Who I Am? campaign, championing mental health, at the Royal Ottawa Hospital.

This week, fans have turned to social media discussing their favourite Alfredsson moments. As a print media member since the 2006 Winter Olympics I've been fortunate to see Daniel in a different light, away from the spotlight. And on several occasions witnessed two of his four Ottawa-born boys, Hugo and Loui, scamper around the dressing room post-game like it was their home away from home, which it was.

One of Alfredsson's best



Daniel Alfredsson will take one more pre-game skate with the Senators before Wednesday night's game against the Islanders at Canadian Tire Centre. FRANCOIS LAPLANTE/FREESTYLE PHOTO/GETTY IMAGES FILE

## Final Sens pre-game skate

Daniel Alfredsson will take part in pre-game warm-ups with the Ottawa Senators on Thursday night, the day he announces his retirement.

- The Senators confirmed on Twitter that Alfredsson will skate with the team prior to their game against the New York

Islanders at Canadian Tire Centre.

- The Sens sought and received special permission from the NHL to allow Alfredsson, a player who's not under contract, to take part in warm-ups, a league spokesman said. **THE CANADIAN PRESS**

traits is his brutal honesty. At times, it got him in hot water, especially after his "Probably not" response to Le Droit's Sylvain St. Laurent's question, whether the Senators could mount a playoff series comeback versus the Penguins after trailing three games to one. But that's what we liked

about him. There were no vanilla answers.

My favourite interview with Alfie was in 2010 for The Hockey News book, *Blood Feuds*. We discussed everything Maple Leafs. Alfredsson mentioned post-season disappointments in 2002 and 2004; he thought the Senators

should have won both series.

Alfredsson admitted his crushing hit on Darcy Tucker that led to his game-winning goal in '04 was probably a penalty during the regular season. He went on to say, although Mats Sundin won't talk about it publicly, Sundin thought the now-famous feigned stick toss was funny.

Senators owner Eugene Melnyk and general manager Bryan Murray have mended fences with the Ottawa icon in recent days. And when Daniel Alfredsson officially retires Thursday, many fans will forgive and forget his one season as a Red Wing. It's rumoured that Alfredsson will join the Senators organization in some form down the road.

For a multitude of Sens fans, that day can't come soon enough.

## Third stroke

### Gordie Howe hospitalized again

Gordie Howe has suffered his third stroke since late October and was hospitalized early this week, his daughter said Tuesday.

Cathy Purnell said her father suffered a "significant stroke" on Monday. Howe was stable and "a little bit alert" Tuesday morning.

**THE ASSOCIATED PRESS**

## Alfie's 5 greatest hits



### Sabre rattler

Scored clinching 2007 OT goal vs. Buffalo to advance to the Stanley Cup final

7

7-point game vs. Tampa on Jan. 24, 2008

1,000

1,000th Point — Completing a hat trick vs. Buffalo Oct. 22, 2010

400

400th Goal — OT GWG vs. Flames Dec. 30, 2011



### All-stars align

Scored 2 goals in 2012 NHL all-star game in Ottawa

## NHL

### Brodeur lands spot in St. Louis

Martin Brodeur wanted to keep playing and the St. Louis Blues needed some help in net.

The Blues signed the 42-year-old Brodeur to a one-year contract, picking up the NHL's leader in wins and shutouts while Brian Elliott is out with a knee injury. Coach Ken Hitchcock has said Elliott is week to week. **THE ASSOCIATED PRESS**



## Sens-Isles open home and home

Isles goalie Jaroslav Halak and centre John Tavares clear the puck from the front of their net before Senators centre Kyle Turris can pounce on Tuesday night in Uniondale, N.Y. Go to metronews.ca for results from the first leg of the Sens-Isles home-and-home series. **BRUCE BENNETT/GETTY IMAGES**



# Players pressure FIFA for talks to discuss turf and other issues

## Women's World Cup.

If secretary-general isn't willing to meet for forum, Australian team will join legal challenge, lawyer says

Players challenging the use of artificial turf at next year's Women's World Cup in Canada are pushing to speak to FIFA secretary-general Jerome

Valcke at the tournament draw in Ottawa later this week.

And they want to discuss goal-line technology and prize money at the showcase soccer tournament as well as the playing surface.

The lawyer for the players says if they do not get to speak to the FIFA executive, the entire Australian team will join the rebel faction whose legal challenge over artificial turf is currently before the Human Rights Tribunal of Ontario.

The players have jumped on

## Money matters

- The 32-team men's World Cup in Brazil featured total prize money of \$476 million US, with Germany receiving \$35 million as winner. Teams that did not make it past the group stage each received \$8 million.
- The total purse of the 2011 women's tournament was \$7.6 million with the winning Japan side collecting \$1,075,000. Each of the 16 teams received at least \$325,000.

Valcke's commitment to keeping lines of communication open.

"We will again welcome open dialogue at the official draw on Dec. 6 in Ottawa."

Valcke said in an Oct. 29 article on [fifa.com](http://fifa.com).

"I personally, will attend (the draw) alongside our pitch expert and medical teams, and I am sure that in this way we will be able to address all concerns and doubts so that all of the participating teams can focus on their preparation for the biggest event in women's football."

A FIFA spokesman subsequently reiterated that Valcke, who will also attend a news conference Friday in Ottawa

ahead of Saturday's draw, is willing to talk. "The FIFA general secretary is already in contact with players and members associations and will meet with all the team representatives present during his stay on the occasion of the official draw," the spokesperson said in an email to The Canadian Press.

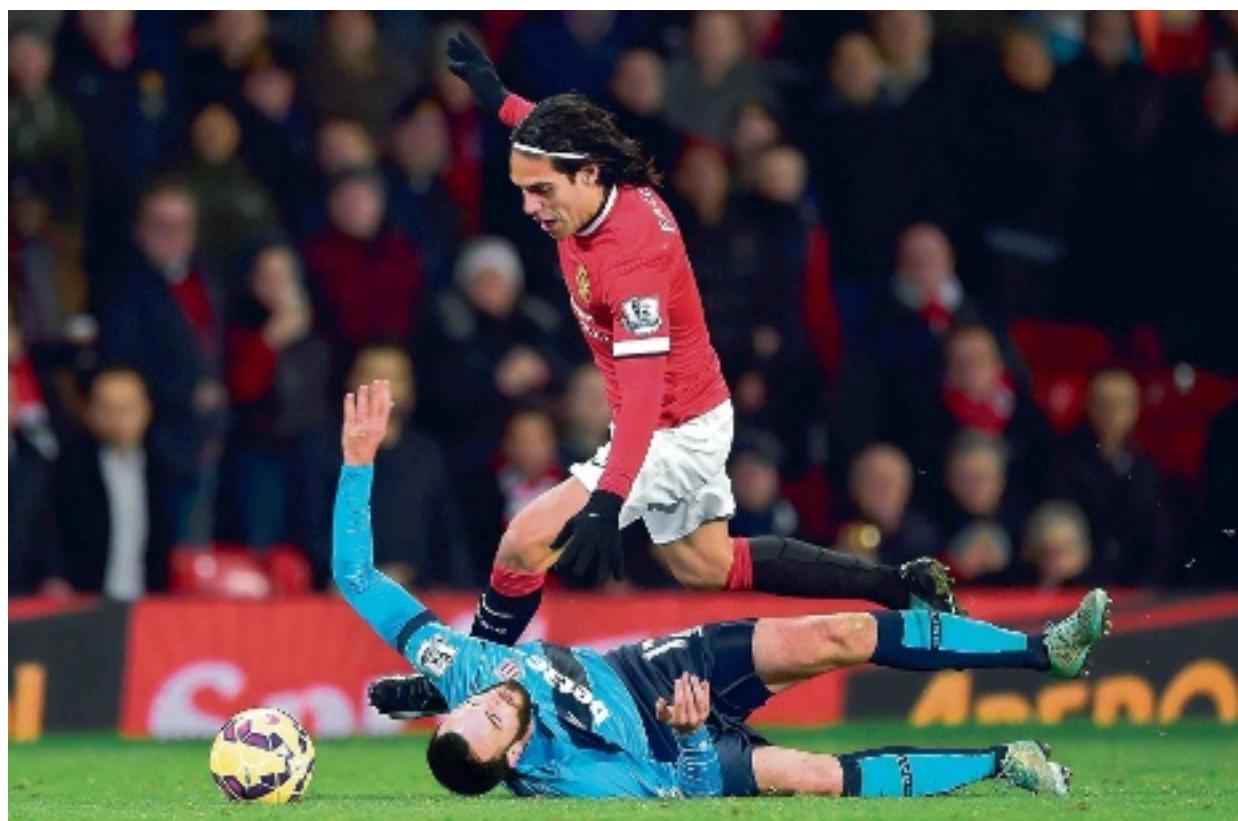
Some of the players who are part of the legal challenge cannot attend the draw, their lawyer said. They have proposed a conference call Thursday or Sunday. **THE CANADIAN PRESS**

## Stoke City no Mata for Man United's win streak

Marc Wilson of Stoke City crashes to the ground as he challenges Manchester United's Radamel Falcao during a Premier League match on Tuesday in Manchester, England. Juan Mata curled in a second-half free kick to give United a 2-1 victory, its fourth win in a row, keeping the 20-time champions in fourth place.

Meanwhile, Liverpool captain Steven Gerrard made a goal-scoring return to the starting lineup as his team came from behind to beat 10-man Leicester 3-1.

MIKE HEWITT/GETTY IMAGES



## Shannon Szabados. Goalie SPHL player of the week

Goaltender Shannon Szabados, a two-time Olympic gold-medalist with Canada's women's hockey team, has been named the Southern Professional Hockey League's player of the week.

Szabados went 2-0 with a 1.49 goals-against average and a .963 save percentage last week for the Columbus Cottonmouths. She also assisted on an overtime goal last Tuesday in a 2-1 win over the Fayetteville FireAnts. **THE CANADIAN PRESS**



Shannon Szabados GETTY IMAGES FILE

## Appeal. Adrian Peterson silent at hearing: Source

Adrian Peterson did not testify at his appeal hearing Tuesday, according to a person familiar with the case.

Peterson gave a statement, said the person, who spoke to The Associated Press on condition of anonymity because neither side is discussing the case publicly.

Peterson left without comment after spending more than three hours at the hearing. His attorney, Jeffrey Kessler, said only that the hearing will con-

tinue Thursday.

Peterson is seeking reinstatement after NFL commissioner Roger Goodell suspended him for the rest of the season for violating the league's personal conduct policy. Peterson will not be considered for reinstatement before April 15.

The 2012 NFL MVP pleaded no contest Nov. 4 to misdemeanor reckless assault for injuring his four-year-old son with a wooden switch.

**THE ASSOCIATED PRESS**

## 'One bad night.' Ray Rice hoping for another chance

Ray Rice says that an NFL team "would have to be willing to look deeper into who I am and realize that me and my wife had one bad night."

The former Ravens running back told NBC's Today show Tuesday "the only thing I can hope for and wish for is a second chance."

An arbitrator threw out Rice's indefinite suspension last Friday, making him a free agent. But no franchise may be willing to sign the three-time

### Quoted

**"I took full responsibility for everything that I did."**

Football player Ray Rice on assaulting his wife, Janay Palmer

Pro Bowl pick after seeing the in-elevator video of Rice striking his then-fiancée.

Rice says: "I took full responsibility for everything that I did." **THE ASSOCIATED PRESS**

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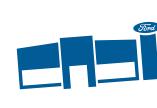
2015 FUSION S

2014  
IIHS  
TOP  
SAFETY  
PICK+

A silver Ford Escape SUV is shown from a rear three-quarter perspective, driving on a paved road. The background features a dense forest and a body of water, suggesting a coastal or lakeside setting. The vehicle is in motion, with a slight blur to the background.



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PER MONTH FOR 24 MONTHS WITH \$2,575 DOWN

**2014-15 Mazda CX-5**

- Type.** Four-door, front- or all-wheel-drive compact SUV
- Engines.** 2.0-litre four-cylinder (155 hp); 2.5-litre four-cylinder (184)
- Transmissions.** Six-speed automatic (six-speed manual available with 2.0-litre)
- Price.** \$22,995 base, \$28,795 as-tested

**Market position**

The CX-5 replaced Mazda's CX-7, a slightly larger and much heavier model that offered a thirstier turbocharged engine. The more fuel-efficient CX-5 is far better positioned in a crowded segment where mileage is an important consideration for buyers.

**Points**

- Mazda has added SkyActiv fuel-saving technologies on its vehicles as they are updated, but the CX-5 is the first model to get all of them.
- An auto-brake system that applies the brakes if the SUV is about to hit another vehicle can be optioned on the GT.
- The GS and GT rear seat folds 40/20/40, so you can carry long items and still have room for two passengers.



Rear seats are spacious and fold 40/20/40 on higher-trim models.

**Interesting features**

Available bi-xenon headlamps, rain-sensing wipers, navigation, Bluetooth with text message function, blind-spot monitoring system, and a crash-avoidance auto-braking system.

# Add pepper for extra sizzle

PHOTOS: JIL MCINTOSH



**Review.** Peppy 2.5-litre engine makes Mazda CX-5 much more fun to drive than with base 2.0-litre powerplant

JIL  
MCINTOSH  
drive@metronews.ca

Fuel economy is an essential consideration in a vehicle, but it has to be balanced with performance. Mazda discovered that the hard way when it introduced its CX-5 with a 2.0-litre engine that sipped fuel but could be sluggish, especially in heavy traffic.

That engine is still available, but Mazda has now added a peppier 2.5-litre four-cylinder that is still efficient (I averaged 9.9 L/100 km in cold weather), but makes it far nicer to drive.

For 2015 models, the base GX still uses the 2.0-litre, in front- or all-wheel drive, starting at \$22,995. The mid-range GS uses the 2.5-litre and comes in FWD or AWD. My AWD GS tester rings in at \$30,895.

You can also get the GT, which comes in AWD only, starts at \$33,495, and adds such features as leather upholstery and dual-zone climate control.

The bigger engine makes 184 horsepower, which is almost 30 more than the



The controls are easy to use, but the start button is hidden behind the wiper stalk.

2.0-litre. The CX-5 also has all of Mazda's SkyActiv technology, which includes direct gas injection, lightweight construction and optimized transmission performance for better fuel economy.

Mazda is known for its

**Compare**



**1 Volkswagen Tiguan**  
Base price: \$24,990  
A turbocharged 200-hp engine, elegant cabin, and smooth handling make this a great machine.



**2 Nissan Juke**  
Base price: \$19,998  
It's not pretty, but it's a great driver, thanks to an available and very sophisticated AWD system.



**3 Mitsubishi RVR**  
Base price: \$19,998  
Compact and efficient, the RVR boasts many features and an impressive warranty.

heating and power driver's adjustment, and the rear chairs are roomy and fold flat for extra cargo space.

I like the heater's simple dial controls, and the stereo is easy to use. But the engine start button is wedged in behind the wiper stalk where it's tough to reach, and only the driver's window button is backlit, so at night you have to fumble to find the lock buttons and mirror switch.

Of course, some drivers may prefer the smaller engine, so test-drive it in case it is the one for you. But if it leaves you wanting more, take out the GS or GT models with their larger powerplant. I think you'll be pleasantly surprised.

5  
DRIVE

# European flair recharges stodgy van scene

**Autopilot.** American panel vans are being kicked to the curb by stylish, practical Euros

**AUTO PILOT**  
Mike Goetz  
drive@metronews.ca

A new breed of Eurocentric models has suddenly taken over the panel van scene.

The Scooby Doo gang is still sticking with its old-school Mystery Machine. But most other full-size van users, particularly those who need them for business, have been thrilled to make the switch to the new styles.

And who could blame them? The traditional panel

van, as designed and built by GM, Ford and Chrysler, has barely changed in basic proportions and structure since the 1960s — heavy body-on-frame construction, one-size roof that makes it hard to stand up inside, poor fuel efficiency and handling, etc.

The new vans from Asia and Europe come from designs prioritized more for commercial use.

Dodge stopped making its Ram van years ago. As Ford's E-Series (a.k.a. Econoline) heads into its third decade, it is now only available as a heavy-duty chassis cab cut-away.

GM's Savana/Express combo is still around but, starting in 2015, will only be available in heavy-duty versions — no more light-duty 1500 series.

These vans have all been replaced, or soon will be, by models and designs sourced from other world markets, where they have already proven their worth.

See the fact box for a full list, but a special nod has to go to the Mercedes-Benz Sprinter, which started this new wave back in 2004, when it was first sold here as a Dodge model.

It came at a premium price but convinced everyone it was the way to go, with its efficient diesel powertrain, and its greater flexibility and utility. The taller and longer Sprinter offered several wheelbase and roof-height configurations to fit just about any application. They are also easier to outfit and load, and drive better.

And you can stand up inside! If you're in and out of the van all day, that's a huge benefit to human efficiency and neck muscles.

Of course they haven't been put through the wringer of popular culture, like the old-style vans have for decades. I'm not sure these new ones lend themselves to hot-rodding and custom-

## Van evolution

The wave of Euro vans started in 2004, but really took off this year.

- Dodge Sprinter, 2004, rear-wheel-drive, full-size
- Ford Transit Connect, 2010, FWD compact
- Nissan NV, 2012, RWD full-size
- Nissan NV200, 2013, FWD compact
- Ram ProMaster, 2014, FWD full-size
- Ford Transit, 2015, RWD full-size
- Ram ProMaster City, 2015, FWD compact
- Chevrolet City Express, 2015, FWD compact
- Mercedes-Benz Citan, 2015, FWD compact

izing and personalizing, so we may be losing a cool vehicular canvas.

But fewer people are into that these days, and nothing lasts forever. Onward and upward.



Ram's new ProMaster City compact van will be available in both cargo and passenger configurations. CONTRIBUTED

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Highline models shown

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down  
payment

Get up to a **\$5,000** cash discount\*\*

or **0% APR** for 48 months<sup>†</sup> on other 2014 models.

\*\*On 2014 CC models

### 2015 Tiguan

Monthly lease starting from the equivalent of

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bi-weekly  
for 36 months\*

down  
payment

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\*Bi-weekly equivalent lease payments of \$81/\$147 on the Jetta/Tiguan shown for example purposes only. Actual lease payments start at \$175/\$319 and must be made monthly, not bi-weekly. \$1,000 in credits available on 2015 Jetta and Tiguan gas models (excluding GLI model) to be applied to first two monthly lease payments. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Jetta 2.0L / Tiguan 2.0T base model with 5/6-speed manual transmission and base MSRP of \$16,385/\$26,600. \$1,395/\$1,610 freight and PDI included. 48/36-month term at 1.9%/0.5% APR. \$0 down payment, \$230/\$370 security deposit and first monthly payment in excess of payment credits (if applicable) due at lease inception. Total lease obligation: \$8,400/\$11,628. 64,000/48,000-kilometre allowance; charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. \*\*Limited time discount on cash purchase only of select new and unregistered 2014 models remaining in dealer inventory. Example: \$5,000 cash discount on the MSRP available on the 2014 CC 2.0T Highline with 6-speed manual transmission. Discount varies by model. †2015 Volkswagen Jetta 4 DR FWD received a 5-star overall rating while the Tiguan 2.0T 4MOTION® received a 5-star side-crash rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. ††The 2015 Jetta was awarded a Top Safety Pick+ from the IIHS (Insurance Institute for Highway Safety). To qualify for a Top Safety Pick+, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, as well as a good or acceptable rating in the small overlap front test and earn a basic, advanced or superior rating for front-crash prevention. ‡Limited time finance purchase offer available through Volkswagen Finance, on approved credit on select new and unregistered 2014 models remaining in dealer inventory, financed at 0% APR for 48 months equals 104 bi-weekly payments. Example: Base MSRP of \$24,970 for a new and unregistered 2014 Golf Wagon 2.5L base model with 5-speed manual transmission, financed at 0% APR for 48 months, equals \$298 per month, including \$1,395 freight and PDI. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is \$0 for a total obligation of \$24,970. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer order/trade may be necessary. Offers end January 2, 2015 and are subject to change or cancellation without notice. Models shown: 2015 Jetta 1.8T Highline, \$25,990 / 2014 Tiguan 2.0T Highline R-Line, \$40,190. Vehicles may not be exactly as shown. Visit [vw.ca](http://vw.ca) or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta", "Tiguan" and "CC" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

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**Horoscopes by Sally Brompton**

**Aries**

March 21 - April 20

Your emotions may fluctuate today but nothing bad will come of it as long as you refuse to attach too much importance to the way you feel.

**Taurus**

April 21 - May 21

If someone has been taking advantage of your good nature, you must cut them out of your life. They will see you are serious and will come back begging for your forgiveness.

**Gemini**

May 22 - June 21

Your present location may seem exactly right for you but when Mars changes signs tomorrow new options will present themselves and you will start to think about making a move.

**Cancer**

June 22 - July 23

You may not feel at home with a certain group of people but what you learn from them will make other areas of your life so much easier to deal with. You are about to gain a new perspective on an old problem.

**Leo**

July 24 - Aug. 23

Focus your mind on partnerships and you will find there is plenty to be positive about. A relationship is about to enter a more passionate phase.

**Virgo**

Aug. 24 - Sept. 23

The task you have to set for yourself may seem daunting but it is only your negative attitude that makes it so.

**Libra**

Sept. 24 - Oct. 23

If you hope for the best today, you will get it. What you need to realize is that you always attract into your life the kind of luck you think you deserve.

**Scorpio**

Oct. 24 - Nov. 22

Don't deny yourself anything over the next 24 hours. If you crave something let yourself have it. There may be a touch of guilt involved but that will only add to your enjoyment.

**Sagittarius**

Nov. 23 - Dec. 21

You can find it hard to apply yourself to routine tasks and that will be even more of a problem than usual today and tomorrow. If you feel the need to get out into the world and explore then do so.

**Capricorn**

Dec. 22 - Jan. 20

Attitude is everything today and if you approach a troublesome situation in a negative frame of mind you will probably find yourself on the losing side.

**Aquarius**

Jan. 21 - Feb. 19

Mars, planet of energy and ambition, moves into your sign tomorrow, so start thinking about what you would like to change in your life because you will soon get the chance.

**Pisces**

Feb. 20 - March 20

Are your expectations realistic? Think about it because over the next few days your goals are sure to be challenged.

**Crossword: Canada Across and Down by Kelly Ann Buchanan**

**Across**

- Odyssey's prequel
- Canadian actress Ms. Reid
- Winnipeg Jets home, \_\_\_ Centre
- Actress Ms. Gaynor
- Lend \_\_\_ (Listen): 2 wds.
- Ottawa, e.g.
- Rockies toppers
- Resulted in: 2 wds.
- Quid Quo link
- Rascal \_\_\_ (Country band)
- #50-Across accessory: 2 wds.
- "The Rare \_\_\_"
- "\_\_\_ vidi, vici."
- \_\_\_ de justice (Montreal courthouse)
- \_\_\_ v. Wade
- Flair
- It's wheely fun at the gym: 2 wds.
- Ms. Blair
- Mr. Linden
- Mr. Bachman
- Musical note
- Li'l lengths
- Citric, and others
- Ontario: \_\_\_ Island (Attraction on Georgian Bay)
- "What are \_\_\_ do then?"
- Sheep's sound
- Mr. Snowman
- Conceal
- Little write-up
- Fighting punch: 2 wds.
- Cover stories
- Helios' 'H'
- Symbols
- It shines brightly in Cygnus
- Q. "What goes before 'E' except after 'C'?" A. \_\_\_
- Pixel

**Down**

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- Mechanical Resonance' band
- Bendable leg region
- Pros on CTV's "Saving Hope"
- "Yeah, right!"
- Rapidly
- Concert tour for female musicians founded by Sarah McLachlan: 2 wds.
- Winter Olympics city in 1952
- "Are too!" comeback: 2 wds.
- Wicked
- A, in communications
- Community in western Manitoba
- Atrocious
- DIY = \_\_\_ Yourself
- Sci. workplace
- Joni Mitchell's "Raised on \_\_\_"
- Lighthouse
- Nightclub music gig
- Holds up
- Toronto hockey player
- Poem by Matthew Arnold, *Empedocles on \_\_\_*
- fide
- Ms. Swenson of "Benson"
- Heidi Klum's ex
- NYC part
- Passed in 1867, it made Canada [acronym]

**Yesterday's Crossword**



**Online**

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)



**Conceptis Sudoku by Dave Green**

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Yesterday's Sudoku**

6	2	8	9	1	4	3	7	5
7	3	9	5	2	8	6	1	4
1	5	4	6	3	7	9	2	8
4	1	7	2	6	3	5	8	9
2	9	6	1	8	5	7	4	3
5	8	3	7	4	9	1	6	2
9	6	1	4	5	2	8	3	7
8	7	2	3	9	1	4	5	6
3	4	5	8	7	6	2	9	1

3	4	6		7	8
5	3	8		4	9
			4	5	
	4	9	2		3
7		5		8	
2	6			4	
7				5	
2	9	8		5	
	2	7		1	

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# Year End CLEARANCE EVENT

GET UP TO **\$7,000**

IN PRICE  
ADJUSTMENTS<sup>o</sup>  
Amount available on the  
2015 Genesis Coupe 3.8L GT

**0%**

PURCHASE  
FINANCING FOR  
UP TO 96 MONTHS<sup>†</sup>  
ON SELECT MODELS

## FINAL DAYS FOR 2014 MODELS!

### 2014 ACCENT 4DR L



2014 Accent  
"Highest Ranked Small Car in  
Initial Quality in the U.S."<sup>‡</sup>

HWY: 5.3L/100 KM  
CITY: 7.5L/100 KM

GLS model shown<sup>♦</sup>

## BEST OFFERS OF THE YEAR ON 2015 MODELS



HWY: 6.7L/100 KM  
CITY: 9.7L/100 KM



HWY: 7.4L/100 KM  
CITY: 10.4L/100 KM



HWY: 9.8L/100 KM  
CITY: 12.9L/100 KM

Limited model shown<sup>♦</sup>

### 2015 ELANTRA L



2014 Elantra  
"Highest Ranked Compact Car  
in Initial Quality in the U.S."<sup>‡</sup>

### THE ALL-NEW 2015 SONATA GL



WHEN EQUIPPED  
WITH FORWARD  
COLLISION WARNING.  
For more information  
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### 2015 SANTA FE SPORT 2.4L FWD



5-Star Overall  
Crash Safety  
Rating<sup>†</sup>

Visit [HyundaiCanada.com](http://HyundaiCanada.com) for details on our entire line-up!

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

### 5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty<sup>††</sup>  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty



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NEW POSSIBILITIES.  
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©The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. <sup>†</sup>Cash price of \$12,995/\$24,995 available on all remaining new in stock 2015 Elantra L 6-speed Manual/Santa Fe Sport 2.4L FWD models. Prices include Delivery and Destination charges of \$1,595/\$1,795, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. <sup>††</sup>Finance offers available O.A.C. from Hyundai Financial Services based on a new 2014 Accent 4 Door L 6-speed manual/2015 Sonata GL Auto with an annual finance rate of 9.6% for 96 months. Weekly payments are \$33/\$59. \$0 down payment required. Cost of Borrowing is \$0. Finance offers include Delivery and Destination of \$1,595/\$1,695, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. <sup>‡</sup>Financing example: 2014 Accent 4 Door L 6-speed manual for \$13,780 at 0% per annum equals \$33 weekly for 96 months for a total obligation of \$13,780. \$0 down payment required. Cash price is \$13,780. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,595, levies and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. <sup>o</sup>Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$4,635 (\$3,835) on stock 2015 Elantra L 6-speed manual/2015 Santa Fe Sport 2.4L FWD/2015 Genesis Coupe 3.8L GT. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. <sup>†</sup>Prices of models shown: 2015 Elantra Limited/2015 Santa Fe Sport 2.0T Limited AWD/2014 Accent 4 Door GLS Auto/2015 Sonata Limited are \$27,380/\$41,580/\$20,880/\$32,830. Prices include Delivery and Destination charges of \$1,595/\$1,795/\$1,595/\$1,695, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. <sup>††</sup>Fuel consumption for new 2015 Elantra 2.0 Limited (HWY: 6.7L/100KM; City: 9.7L/100KM); 2015 Santa Fe Sport 2.0T Limited AWD (HWY: 9.8L/100KM; City: 12.9L/100KM); 2014 Accent 4-door GLS Auto (HWY: 5.3L/100KM; City: 7.5L/100KM); 2015 Sonata 2.0T Ultimate (HWY: 7.4L/100KM; City: 10.4L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. <sup>‡</sup>The Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study<sup>SM</sup> (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit [jdpower.com](http://jdpower.com). <sup>▲</sup>Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.safercar.gov](http://www.safercar.gov)). <sup>††</sup>Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit [www.hyundai.ca](http://www.hyundai.ca) or see dealer for complete details. <sup>†††</sup>Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

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**Myers Hyundai**  
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Ottawa, 613-721-4567

**Hyundai on Hunt Club**  
390 Hunt Club Road West  
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**Bank Street Hyundai**  
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